



NZSIA Ski Level Two Certification Outline

The NZSIA qualifications are recognised internationally as some of the best in the world. The NZSIA Examining Team comprise the most talented Ski Trainers in New Zealand and it is our job to make sure you as the candidates have the best possible shot at successfully completing this course.

We aim to provide a fun, friendly educational environment that is non-threatening. If you have any problems with another candidate or your examiner don't hesitate to approach me personally.

The following information is important, keep it handy during your course.

What you need to bring everyday:

- ▶ Your skis and boots. These should be well maintained and tuned. Have these kept off the mountain for the eight days in case of a change in ski area due to weather.
- ▶ Warm, waterproof clothing including beanie and gloves. You'll be outside for all seven days (if the mountain is open) for up to 6 hours per day.
- ▶ Sunglasses/goggles and sun cream.
- ▶ Helmets are highly recommended for all NZSIA courses.
- ▶ A packed lunch or lunch money.
- ▶ Money for lift tickets. Some participants may be eligible for discounted lift tickets during courses. Please inform the Ski Course Manager if lift tickets are required.
- ▶ A notebook & pencil to take down notes/important points.

- ▶ For qualification courses and exams (except Free Ski) the Ski Division recommends using a Front -Side ski within this range - a radius of 14 - 19 metres and an under-foot width of 67- 84 mm.

My cell phone number is 027 249 1765 and is for **URGENT** calls only please.

Good luck.

Stephanie Brown

NZSIA Ski Course Manager

Administration Matters

All matters concerning registration, payments etc. should be referred to the admin office.

NZSIA exam process has been developed to ensure that each candidate is assessed in as fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided on line after each course.

If you wish to personally discuss your results or any other matter relating to the course please contact the Ski Course Manager or write to NZSIA at the address below.

Email: admin@nzsia.org

Post: NZSIA, P.O. Box 2283, Wakatipu. Phone: 03 4511534

Daily Procedure

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain. Meeting locations are as follows:

Coronet Peak - Outside on the café Deck near the clock

Cardrona - In front of the arch, uphill side

Mt Hutt - Outside on snow uphill of café near the ski racks

Whakapapa - Outside in front of base area café near ski racks

Turoa - Outside in front of base area café near ski racks

For information on Overseas Courses click [here](#) and go into ski downloads

Closed Days

If the mountains are closed gather at the designated meeting point at 9:00am. An indoor session will be organised and a full day's content covered. Locations are as follows: Queenstown - The Station building (corner of Camp St and Shotover St)

Wanaka - Cardrona town office (same road as supermarket)

Methven - Mt Hutt town office Main St Methven

Whakapapa - National Park School

Turoa – RSA Ohakune Club 71 Goldfinch St Ohakune

If the mountain opens during the day we will try to get up the hill but this is sometimes impossible due to transport issues. Please have your equipment off the mountain in case.

Fitness, Incidents and Accidents

Our Ski Certifications are intensive courses of skiing and learning. It is therefore important that you are physically fit and in good condition to be able to take full advantage of the training and education provided and to perform at your best for the whole period.

Hence, if you are/or become physically impaired/injured please bring this to the attention of the Ski Course Manager. A solution at this point will be advised. In the interest of safety and fairness to yourself and others the advice will most likely be to withdraw from the course. If you choose to continue against the advice of the Ski Course Manager there can be no recourse on the NZSIA.

Safety is our number one concern. Please report any incidents/accidents to your examiner or directly to the Ski Course Manager with facts, witnesses, location etc.

Safety Policy

NZSIA/SBINZ exams will require you to ski/ride on a variety of terrain and conditions and complete specific tasks on snow. If at any time you feel unsafe or at risk of injury you should tell your trainer that you wish to opt out of the particular task. Depending on the situation this may affect the results of your examination.

Course participants should be aware of and follow the **Snow Responsibility Code** at all times:

<http://www.mountainsafety.org.nz/Safety-Tips/Snow-Code-for-Snowsports.asp>

Privacy Policy

<http://www.nzsia.org/privacy> In addition, we may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your course trainer if you do not want images of yourself used in this way.

Lift Tickets

Some participants may be eligible to apply for discounted lift tickets during courses. Please inform the Course Manager if lift tickets are required.

Ski Level Two - Course Outline

Ski Level Two is open to NZSIA Level 1 Certified Ski Instructors (or foreign equivalent from ISIA member country) who are Full or Associate members of the NZSIA.

Candidates must join the NZSIA as an associate member to register for the Level Two Exam this can be done on the NZSIA website www.nzsia.org

The Ski Level Two course is held over an eight-day period this includes seven days of training and examinations with one day off on day six of the eight-day period.

Candidates are required to:

Complete Online Course & Quizzes -This covers theory, movement analysis and lesson planning. To complete the online E-learning course log onto the NZSIA website <http://www.nzsia.org/member/>. Then, login enter username and password. If you're unsure of username and/or password, click on forgotten username/password. Once in profile page click on Ski E-learning. You will then need to re-enter username and password to access E-learning.

Teach from Wedge Parallel turns to Advanced Parallel turns.

Ski at an advanced level, which is a strong skier making dynamic medium radius parallel turns and basic parallel short turns on all groomed terrain. The skier is able to ski most off piste terrain at a ski area with speed and confidence using NZSIA Technique appropriate to the situation in a variety of turn shapes.

Training sessions will cover:

Skiing

- Development of personal skiing skills on and off piste and free-skiing,
- Development of demonstrations

Teaching

- The NZSIA progression from wedge parallel to advanced parallel turns
- Skier analysis and lesson planning.

During the two-day exam process candidates will be tested in two main areas

- **Skiing** -which includes personal skiing and demonstrations.
- **Teaching** -which includes teaching on snow and Skier Analysis and Lesson Planning

The specifics of these are outlined during the five training days.

If a candidate attains a partial pass by passing either the Skiing or Teaching section the passed section remains valid for the year that the partial pass was obtained and the following year. The candidate may re-sit the other section at any other NZSIA Ski Level 2 Exam the year that the pass was obtained or the following year.

To re-sit the Skiing Section Exam Day only, candidates must have passed the internally assessed skiing session mark.

To re-sit the Skiing segment where the candidate has not passed the internally assessed session mark the candidate must attend the skiing coaching sessions of the 5 days training and then the Skiing Section Exam day.

Re-sits for the Ski Level 2 Exam will take place at scheduled Level 2 Exams and are on a space available basis.

More in-depth information for Level Two Teaching progressions can be viewed [here](#)

Please view the NZSIA Progression including demos on line at www.nzsia.org.

Practice analysis can be viewed on line <https://vimeo.com/channels/l2practice>

Please ensure that you are familiar with the NZSIA Instructor's Manual. This will help you to understand the teaching progressions as they are presented. Manuals can be purchased on line or downloaded from www.nzsia.org

Other written material required for this course is included in this outline. Please ensure that you are familiar with this material.

Daily Outline

Day One

-**Personal skiing skill development** - Balancing skills in medium and short radius turns

-**Demos** - Wedge turns

-**Teaching & Skill development** – explore how to teach and develop Fore/ Aft & Vertical (including Lateral Balance) movements throughout the progression.

Evening Homework - review ways of teaching the different skills covered during the day. Consider how they can be applied in the progression, & how these can be used when referring to the Teaching Topics 1 – 6.

Day Two

-**Personal skiing skill development** - Rotation movements in short and medium turns on and off piste

- **Demos** - Wedge turns and Wedge Parallel turns

-**Teaching & Skill Development** - practice teach (10 min) --Progression Review Teaching topics 1 & 2

Evening Homework- Manual Progression review for Teaching Topics 3 & 4

Evening session indoor - Skier analysis training and 20 % skier analysis assessment

Day Three

-**Personal skiing skill development** - Creating a platform

-**Demos** - Wedge and Wedge Parallel turns

-**Teaching & Skill Development** -movement focus area Lateral Balance & Rotation

Progression Review for Teaching Topics 3 & 4

Evening Homework -Manual Progression Review for Teaching Topics 5 & 6

Day Four

-**Personal skiing skill development** - Individual focus using Medium & Short turns on and off piste

-**Demos** - Wedge, Wedge Parallel Turns and Basic Parallel turns with pole touch

-**Teaching & Skill development**- Lateral Forces & Versatility

Progression Review for Teaching Topics 5 & 6

Evening session indoor - Skier analysis training and 20 % skier analysis assessment

Day Five

-**Personal skiing skill development** - Individual focus - All terrain, snow and speed

-**Demos Revised**- Wedge, Wedge Parallel, Basic Parallel with pole touch, Medium Radius & Short turns

-**Exam preparation including** - Teaching practice, and skier analysis overview

Distribution of teaching topics for exam

Day Six- Day off –Exam preparation

-----**Exam Days**-----

Day Seven (9am all meet on snow) then Warm up

Skiing Exam -covering Wedge turns, Wedge Parallel turns, Basic Parallel turns with pole touch, Dynamic Medium Radius Parallel turns and Short turns

After skiing a draw is done for the analysis exam. Time and place given.

Skier Analysis Exam 60% of assessment - Evening session indoor (Each candidate will have 20 min to analyse one skier and present a lesson plan for a 2 hour lesson (Video of the skier will run for at least one minute.)

Exam day - Day Eight (9am meet on snow)

Teaching Exam – Each candidate will have a minimum of 30mins to prepare to teach a lesson to three students. All candidates will take turns at being students.

6pm presentation of results and certifications.

Please Note: Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation. Closed days will be used to cover teaching topics.

Certification Scoring Criteria

The assessment for this course is divided into Two sections. Candidates must pass both sections to pass the Level Two Certification.

The course runs as 7 days of training and exam. During the first 5 days candidates work with one Examiner.

This Examiner will provide an internally assessed skiing mark for the 5 days. Skiing will be assessed on & off piste. To meet the standard candidates, need to ski at an advanced level, which is a strong skier making dynamic medium radius parallel turns & basic parallel short turns on all groomed terrain. The skier is able to ski most off piste terrain at a ski area with speed and confidence in a variety of turn shapes using NZSIA Technique appropriate to the situation.

The other components, Dynamic Medium Radius Parallel Turns, Parallel Short Turns, Demonstrations & Teaching, are assessed on the last two days of the exam.

Skier Analysis and lesson planning are assessed as follows, 40% during the 2 analysis evening sessions, and 60% of the assessment on the evening of day 7 of the course.

To pass overall, a minimum passing score for each element being 6 out of 10 is required in all nine elements.

Section One -Skiing

Skiing

- Skiing on and off piste -Internal Session Mark
- Dynamic Medium Radius Parallel Turns
- Parallel Short Turns

Candidates are assessed on their skiing ability

Demonstrations

- Wedge Turns
- Wedge Parallel Turns
- Basic Parallel Turns

Candidates are assessed on their demonstration ability appropriate to the Level two syllabus

Section Two -Teaching

- ▶ Skier Analysis and Lesson Planning

Candidates are assessed on their ability to analyse skiers and present a lesson plan.

- ▶ Teaching Assignment

Candidates are assessed on their ability to teach a lesson to a group of other candidates.

Scoring Format

Range: 1 – 10

Pass: 6 – 10

Not Pass: 1 – 5

10 - A demonstration showing perfect technique and form at the assessed level that would be exemplary to all instructors.

9/8/7 - Demonstrations showing varying degrees of improvement on 6, whether they are in technique or form, but neither combined reach 10.

6 - A demonstration that shows the required technique with satisfactory form that would be acceptable for a clear and comfortable looking demonstration in front of a real class.

5 - A demonstration that shows the required technique roughly with an unsatisfactory form that would be unacceptable as a clear and comfortable looking demonstration in front of a real class.

4/3/2 - Demonstrations showing varying degrees of improvement on 1, whether that be in technique or form, but neither combined reach 5.

1 - A demonstration showing nothing of the required technique or form, or can do the maneuver no better than one would expect of a student of that level of skiing.

0 - Absent.

Ski Level Two – Teaching

Teaching Assignment Starting Points

1. Your students are making strong Wedge turns introduce Wedge Parallel turns to them.
2. Your students are making Advanced Wedge Parallel turns, with the skis becoming parallel above the fall line. Develop their skiing so that they have more edge control during the second half of their turns.
3. Your students are making Advanced Wedge Parallel turns introduce Basic Parallel turns to them.
4. Your students are making Basic Parallel turns. Improve the timing and rhythm of their skiing by introducing a pole touch to them.
5. Your Students are making Basic Parallel turns with a pole touch. Teach them how to vary the shape and size of their turns, so they can ski more groomed terrain confidently and safely.
6. Your students are using a pole touch with their Basic Parallel turns introduce Advanced Parallel turns to them

Ski Level Two -Skier Analysis and Lesson Planning

It is recommended that you bring a copy of this to the evening indoor sessions.

Practice analysis can be viewed on line <https://vimeo.com/channels/l2practice>

Below is a pictorial model describing the overall process that a candidate will go through for skier analysis and lesson planning. The candidate is presented with a want for the student.

There are then four areas that the candidate will need to give details on and integrate into the model. These are:

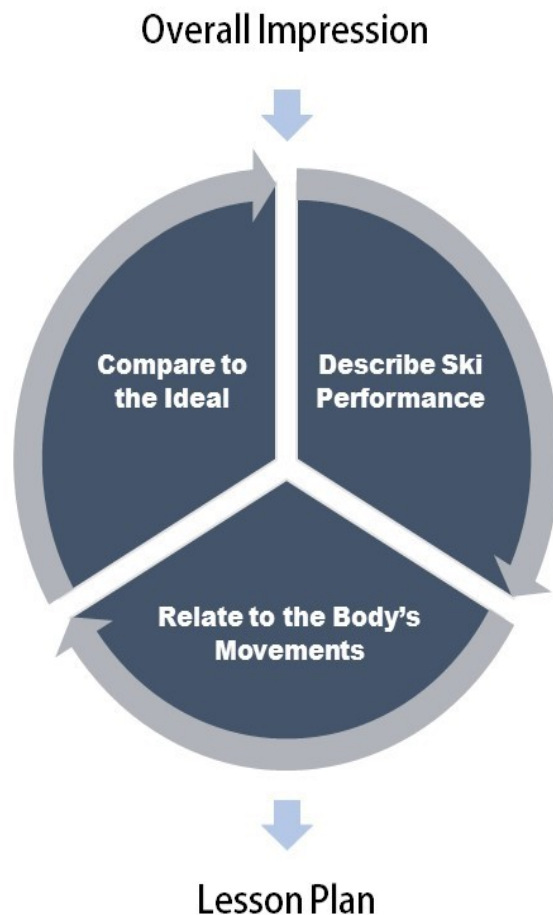
1. Observation/description of skier performance and movements of the body
2. Description of cause and effect relationships
3. Prioritization of technical needs to achieve the stated goal (comparison to the ideal)
4. Linear lesson plan that is relevant to analysis of the skier and facilitates goal

Analysis

When Structuring the analysis portion for intermediate Level of Skiing we recommend the following structure

Overall Impression

Give a good overall impression of the skier. This should include an assessment of athletic ability, and how comfortable they appear on the terrain.



Describe Ski Performance

- Describe the turn shape and turn type.
- Move through each phase of turn describing the performance of the skis on the snow
- Be phase and outcome specific when describing the skis performance,

e.g. Fore /aft pressure, ski to ski pressure, rotation, or edging

Relate the skis performance to the body's movements

- Move through each phase of the turn describing the basic stance of the skier being specific to the joints of the body.
- Be phase, movement area, and body part specific when describing movements of the body.
- Create cause and effect relationships between the ski performance and the movements of the body

Compare to the Ideal

- How does their ski performance and body movement's compare to the ideal
- Comparison to the ideal enables identification of their technical "needs"

Goal

- By taking the 'wants' and 'needs' and incorporating the common movements for two areas this will enable you to formulate a **goal** that is tailored to your student

Lesson Plan

Prioritise the skier's technical needs to achieve the stated goal (comparison to the ideal)

Linear lesson plan- for a 2 hour lesson - that is relevant to analysis of the skier and facilitates goal

- Be specific to a part of the turn or the whole turn.
- Use the Progression Building Model to develop the movements and explain how you might cater for differing learning styles.
- Offer exercises/drills to support your progression.