



## NZSIA Ski

### Level One 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.

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 four days in case of a change in ski area due to weather.
- Helmets are highly recommended for all NZSIA courses and for **Snowplanet** Level One all candidates must wear a helmet for all on snow sessions
- Warm waterproof clothing including beanie and gloves. You'll be outside for all five days (if the mountain is open) for up to 6 hours per day.
- Sunglasses/goggles and sun cream.
- 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.

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](mailto:admin@nzsia.org) Phone: 03 4511534

## 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.

## Daily Procedure

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain.

Meet on snow ready to ski -Meeting locations are as follows:

**Coronet Peak** - Outside on the café Deck near the clock

**Remarkables** - Outside uphill side of main building on snow to left of the deck

**Cardrona** - In front of the archway, uphill side

**Treble Cone** - Base of the six pack

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

**Porters** -Outside the Snowsports School Ticket Office

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

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

**Rainbow** –Outside Snowsports School Meeting Place

**Snowplanet** - Meeting room

For information on Overseas Courses click [here](#)

## 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:

**Wanaka** - Cardrona town office cnr of Helwick and Dunmore St

**Queenstown** - The Station building (corner of Camp St and Shotover St)

**Methven** - Mt Hutt town office-Main St Methven

**Porters** – Springfield Hall

**Whakapapa** – RSA Ohakune Club 71 Goldfinch St Ohakune

**Turoa** - RSA Ohakune Club 71 Goldfinch St Ohakune

**Rainbow** –St Arnaud Community Hall

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 exams will require you to ski 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.nzsia.org/wp-content/uploads/2018/05/ACC-resource-alpine-snow-code-16.pdf>

## **Privacy Policy**

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.

For further info - <http://www.nzsia.org/privacy>

## **Attendance Policy**

The learning on an NZSIA course is achieved through participation and interaction. There are elements of continual assessment and elements of specific assessment.

You will be expected to attend the course in full, including meeting at the correct time in the morning and participating in all activities.

As the daily outline might change due to weather and other unforeseeable considerations you should be prepared to have some flexibility as to where and when you need to be.

Not being able to attend the course in full may lead to you not being able to successfully pass the qualification.

## **Code of Conduct**

As a member of the NZSIA we expect you to behave in a manner that adheres to the NZSIA Code of Conduct. See here for more info - <https://www.nzsia.org/wp-content/uploads/2018/05/NZSIA-Code-of-Conduct.pdf>

# Ski Level One Course Outline

The Ski Level One Certification is held over five days.

Candidates must join the NZSIA as an associate member to register for the Level One Exam this can be done on the NZSIA website [www.nzsia.org](http://www.nzsia.org)

The NZSIA Level 1 Certification is primarily an educational course with assessments in skiing and teaching.

Ski Level One sessions will cover and assess:

- NZSIA technique and mechanics
- NZSIA progression for from first time skiers to advanced wedge turns
- Basic teaching methodology
- Personal skiing skills and Fundamental Skill Demonstrations - Wedge Turns

Successful participants will have a basic understanding and ability to apply the above to introduce new skiers to the sport of skiing.

For qualification courses & exams (except Free Ski Level One ) the Ski Division recommends using a Front-Side ski within this range, a radius of 14 - 19 m & under foot width of 67- 84 mm.

## Course philosophy

This course is first and foremost designed to be an education experience.

Participants will be introduced to and gain a degree of ownership of foundational NZSIA methodological and technical principles through structured layering and practice of basic concepts.

The teaching portion of this course will focus more on how to teach than what to teach.

Candidates are required to:

- 1. Complete Online Course & Quizzes** - This covers theory, movement analysis and lesson planning
- 2. Teach skiing** - To Adults and Children from first timers to advanced wedge turns.
- 3. Skiing** - Ski making round parallel turns of various radii on most groomed terrain as well as on green and blue ungroomed terrain
- 4. Fundamental Skill Demonstrations** - Wedge Turns - make round wedge turns with speed controlled by turn shape and skidding.

Please view the NZSIA Progression and Fundamental Skill Demonstrations online at <https://vimeo.com/7735139>

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 may be purchased on line. The Ski Manual is also available as a download <https://www.nzsia.org/downloads/>

## Online Course

The online course must be **completed 48 hours before the Level One starts on snow** on day one.

The online course is part of the Level One it is an open book assessment. \_

To complete the online E-learning course log onto the NZSIA website <http://www.nzsia.org/member/>

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.

# **Ski Level 1 - Daily Outline**

## **Day One**

- Personal skiing and fundamental skill demonstrations development
- The four Movements (NZSIA technique)
- Teaching model
- Teaching beginner Adults and Children

## **Day Two**

- Skiing and fundamental skill demonstrations development
- Teaching Model Presentation (15 min per candidate). Candidates choose a topic that is movement based, the topic doesn't necessarily need to be skiing
- Progression Building
- Teaching – learning to turn for Adults and Children

## **Day Three**

- Personal skiing and fundamental skill demonstrations
- Technical Presentation – Progression Building – (15mins per candidate) Teaching Adults or Children using an assigned portion of the progression
- Communication Modes
- Teaching - Advancing the wedge turn for Adults and Children

## **Day Four**

- Personal skiing and fundamental skill demonstrations
- Communication Modes - Teaching presentation (15 min per pair of candidates) -Teaching Adults or Children using an assigned portion of the progression.  
Each candidate should demonstrate suitable use of all 3-communication modes.

## **Day Five**

- Personal skiing and fundamental skill demos
- Teaching re –assessment for any candidate who is not yet passing teaching
- Consolidate learning on teaching mechanics

**End of day - presentation of results and certificates**

# Assessment Areas

## (1) Skiing

### Skiing Tactics

- Ski making parallel turns in a variety of sizes, on blue and green terrain
- Ski making parallel turns on easy off piste
- Turns should generally be round and speed controlled by a mixture of turn shape and skidding (terrain and speed dependent).

### Skiing Mechanics

- Ability to demonstrate each of the 4 movements in isolation to effect desired ski performance
- Basic blending of complementary movements to achieve desired ski performance both on and off piste

## (2) Fundamental Skill Demonstrations - Wedge Turn

Candidates will be internally assessed during the training sessions on the below criteria while demonstrating a basic wedge turn.

Wedge turns should be generally round and speed controlled by a mixture of turn shape and skidding

### Fundamental Skill Demonstrations - Wedge Turn Mechanics

- Demonstrate each of the 4 movements in isolation to affect the desired ski performance
- Basic blending of complementary movements to achieve the desired ski performance

## (3) Teaching Assignments

Candidates are assessed on their basic ability to:

- Apply the Teaching Model
- Recognize a 4-part progression
- Organize skill-specific exercises from simple to more complex using NZSIA technique
- Identify and use VAK
- State the NZSIA beginner progression and demonstrate multiple portions of progression

These two highly recommended teaching support documents are available as downloads from the NZSIA website

[Ski Beginner Progression Class Levels 1 & 2](#)

[Expanding on Progression Building from the NZSIA Ski Manual](#)

## (4) Online Course – an open book Course - assessment

Manual knowledge and Skier Analysis and Lesson Planning.



## Certification Scoring Criteria

The assessment for this course is made up of four components as listed below. Candidates must pass all components to pass the Ski Level One Certification.

- (1) Your skiing will be internally assessed by your trainer during the 5 days. A minimum score of 6 out of 10 is required to pass skiing
- (2) Your fundamental skill demonstrations - wedge turns - will be internally assessed by your trainer during the 5 days. A minimum score of 6 out of 10 is required to pass wedge turns.
- (3) Teaching Presentations are assessed on days 2, 3 and 4. A pass for the teaching section requires a minimum score of 6 overall, each teaching presentation will count towards your overall score.
- (4) Online course to be completed 48 hours before the beginning of Day One on snow. A minimum score of 70% is required to pass the online course

## Scoring Format

Range: 1 – 10

Pass: 6 – 10

Not Pass: 1 – 5

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

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

**6** - A Performance 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 Performance 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** - Performances showing varying degrees of improvement on 1, whether that be in technique or form, but neither combined reach 5.

**1** - A Performance 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.

Please ensure that you are familiar with the NZSIA Instructor's Manual. This will help you to understand the concepts and progressions as they are presented.

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.

The course is 5 days in length.

All results are final. Unsuccessful candidates will need to re-sit the 5-day exam



# Ski Level One -Skier Analysis and Lesson Planning

Level 1 candidates will be assessed at a basic level of Skier Analysis including observation/description skills & lesson planning through use of videos included in the online course

Practice examples videos can be found at <http://vimeo.com/channels/197717>

Skier Analysis is the process of identifying and understanding how to effect key areas for improvement in students to enhance their skiing skills & overall enjoyment of the sport. Instructors need to effectively identify skiers needs & create effective, relevant lesson plans.

In order to identify student's needs, it is recommended to use the following structure:

## Overall Impression

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

## Describe Ski Performance

- Describe the turn shape and turn type.
- Identify and describe what you consider to be the most important areas of the skier's performance.
- Be phase and outcome specific when describing the skier's performance.

## Relate the skier's performance to the body's movements

- Describe the stance of the skier being specific to the joints of the body.
- Identify and describe what you consider to be the most important areas of body movements that are causing the skier to do what they are doing.
- Be phase, movement, and body part specific when describing movements of the body.
- Create cause and effect relationships between the skier's performance and the movements of the body.

## Compare to the Ideal

How does that skier and their skier's performance and body movements compare to the ideal?

## Goal

State a goal for the skier that will develop them.

## Lesson Plan

Prioritise the skier's technical needs to achieve the stated goal (compare to the ideal)  
Step by Step lesson plan that is relevant to analysis of the skier and facilitates the goal.

