



NZSIA Ski

Level Three 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
- Warm waterproof clothing including beanie and gloves. You'll be outside for all days of the Pre Courses and Exam (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 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

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

Whakapapa -RSA Ohakune Club 71 Goldfinch St Ohakune

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 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 Three - Course Outline

Ski Level Three is open to NZSIA Level Two certified instructors (or foreign equivalent from an ISIA member country) who are full or associate members of the NZSIA.

To register as an NZSIA associate member go to NZSIA website www.nzsia.org

This course is a compulsory component of the ISIA qualification.

The Level Three course is divided into two parts;

- Six -day Pre-Course (divided into 2 three-day preparation modules) and an Online Course
- Four-day exam

Candidates may sit the exam at any time after they have taken both the Skiing and Teaching modules of the Pre-course as well as the Online Course

Dates for the Level 3 Pre-Courses and Exams are in the NZSIA website www.nzsia.org.

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.

Course Philosophy :

To Develop an indepth Understanding of and Personal Performance of :

- NZSIA skiing technique at an expert level both on and off-piste
- Using the NZSIA Fundamental Skill Demonstrations, Skill Drills and Progressions to review and analyse efficient use of the Movements of skiing.
- Use the Movements of Skiing and NZSIA Teaching Methodologies to Teach Advanced and Expert Skiers
- Skier analysis of Advanced to Expert Skiers and planning for their development

Candidates are required to:

(1) Complete Online Courses & Quizzes - this covers NZSIA Teaching theories, Movement analysis & Ski Technique

(2) Complete both the Skiing and Teaching Pre Courses---The aim of the pre-course modules is to

- Provide candidates with input on their skiing,
- Introduce the guideline progressions for developing Advanced and Expert Skiers
- Develop candidates technical knowledge, skier analysis and lesson planning skills

(3) Skiing: Ski at an expert level

- On all groomed terrain performing strong and technically accurate dynamic short, medium and long radius turns
- On all off-piste terrain performing with speed and confidence short, medium and long radius turns using ski performance appropriate to the off-piste situation.
- Perform Fundamental Skill Demonstrations from Straight runs to Advanced Parallel Turns and Skill Drills with technical accuracy

(4) Teaching- which includes:

- Teaching on snow, Dynamic Medium and Short Radius Turns as well as Off-Piste Situational skiing,
- Skier Analysis & Lesson Planning and Technical Discussion- see below for details of Teaching Section elements

The specifics of these are outlined during the pre-course modules

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

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

The Ski Manual is also available as a download <https://www.nzsia.org/downloads>

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

Online Course

The on line course must be completed 48 hrs before the start of the L3 Pre-Course

The on line course is part of the Level Three and it is an open book assessment

To complete the on line eLearning Course log onto the NZSIA website <http://www.nzsia.org/member/>

If you are unsure of username and or password , click on forgotten username/password. Once in profile page click on Ski eLearning. You may need to re-enter username and password to access elearning

Level 3 Re-Sitting

If a candidate attains a partial pass by passing either the Skiing or Teaching Section the passed section remains valid permanently and they may re-sit the other section at any time.

The not attained Section may be retaken on any calendared Level Three – re Sits for a Section of L3 are on a space available basis

If you are re-siting a portion of the Level Three exam please keep in contact with the Ski Course Manager Stephanie Brown -My cell phone number is 027 249 1765 email ski@nzsia.org.

This will ensure that you are up to date with all scheduling portions or changes in scheduling due to weather for this exam.

Ski Level 3 Pre-Courses Daily Outline

Please note

Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation.

Where the Skiing and Teaching Pre-Course modules are run consecutively and the mountain is closed during the Skiing Pre-Course module the closed day may be used as one day of the Teaching Pre-Course module

Level Three Skiing Pre-Course module

Day One

Objectives:

Participants will:

- Develop a greater understanding the four movements of skiing by developing their ability to perform
 - Fundamental Skill Demonstrations
 - Exam Skill Drills
- Develop their skiing and understanding through performing
 - Dynamic Medium Radius in the Completion/Initiation Phase
 - Dynamic Medium Radius in the Control Phase
- Experience exemplary use of the teaching model, NZSIA terminology and teaching methodology

Day Two

Objectives:

Participants will:

- Develop their skiing and understanding through performing
 - Skills required to develop medium turns into short turns
 - Developing more dynamic short turns
- Continue practice with feedback on the exam Fundamental Skill Demonstrations and Skill Drills

Day Three

Objectives:

Participants will:

- Develop their skiing and understanding through performing
 - Adjusting short and medium turns to situational skiing
 - Continued input and clarification on NZSIA progressions and how participants can develop in these areas
- Review all demonstrations, focusing on how to use teaching time to develop personal mechanics.

Level Three Teaching Pre-Course module

Day One

Objectives:

Participants will:

- Work with the key elements of the Art of Teaching for successful upper-level teaching for Peer Teach and Progressional Teach
- Experience a session lead by the trainer and discover the importance of the learning process and how the basic concepts of Fitts & Posner (Cognitive, Associative and Autonomous learning phases) affect Teaching Styles, lesson pacing, structure and content.
- Develop their understanding of the six different Teaching Styles and how to use and integrate them in high-end lessons.
- Participate in trainer led debrief of peer sessions
- Work through key elements of upper level skier analysis and intro to the technical discussion in an evening session.

Evening session indoor - Upper level skier analysis and intro to the technical discussion.

Day Two

Objectives:

Participants will...

- Develop advanced progression building skills while working with upper level NZSIA skiing
- Present a session highlighting Learning Preferences and the Experiential Learning Cycle (participants present back what was covered on day 1). Topic can be NZSIA Technical skiing or it could be low level depending on participants needs.
- Give feedback to peers (trainer still active but stepping back)
- Review and understand how Day 1's activities fit with Day 2
- Practice upper level skier analysis, the technical discussion and an explanation of the exam process in an evening session.

Evening session indoor - Upper level skier analysis, the technical discussion and an explanation of the exam process.

Day Three

Objectives:

Participants will...

- Using whatever situations are available, discuss and apply the best teaching methods used for introducing and developing techniques for students so that they can cope with a variety of snow conditions.
- Review the Teaching Model and identify how it has been used over the course
- Have the opportunity to practice teach - teaching presentations on snow using the structure and information received on the course.
- Have the opportunity to apply their knowledge of the teaching tools by giving accurate feedback to their peers.

Exam Daily Outline:

Day One

Teaching

- Teaching assignment –Peer Teach (see following for descriptions of teach assignments)
- Meet at 8.30am –Draw is done for order of Peer Teach assignment.
- After skiing a draw is done for analysis exam and technical discussion; time and place given.
- After Skiing a draw is done for the Progressional Teach Topics (see following for description and topics for Progressional Teach)
- Evening session indoors – Skier Analysis, Lesson Planning and Technical discussion, see following pages for exam descriptions.

Day Two

Teaching

- Meet at 8.30am for -Teaching assignment –Progressional Teach
- After skiing- a draw is done for analysis exam and technical discussion; time and place given.
- Evening session indoors – Skier Analysis, Lesson Planning and Technical discussion, see following pages for exam descriptions.

Day Three

Skiing

- Warm up time given
- Skiing exam – See scoring criteria below for which maneuvers of skiing are assessed, each will candidate have the opportunity to ski each element of the sections at least twice.

Day Four

Skiing

- Warm up time given
- Skiing exam – See scoring criteria below for which maneuvers of skiing are assessed, each candidate will have the opportunity to ski each element of the sections at least twice.

6pm presentation of results and certifications (unless otherwise stated)

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

RE- SITTING

If you are re-sitting a portion of the Level Three exam please keep in contact with the Ski Course Manager Stephanie Brown -My cell phone number is 027 249 1765 email ski@nzsia.org.

This will ensure that you are up to date with all scheduling portions or changes in scheduling due to weather for this exam.

Certification Scoring Criteria

The assessment for this Exam is divided into Two Sections. Candidates must pass both Sections to pass the Level Three Certification. To pass a section the candidate is required to pass all elements of the section. A minimum passing score for each element being 6 out of 10. Please see below for more details of the scores.

Re-Sitting

If a candidate passes one section of the Level Three exam that section remains valid indefinitely. The not attained section may be retaken on any calendared Level Three – Re Sits for a Section of the L3 are on a space available basis

Section One Skiing

Demonstrations

- Dynamic Medium Radius Parallel Turns
- Dynamic Short Radius Parallel Turns
- Fundamental Skill Demonstrations

Skiing

- Free Runs
- Situational Skiing
- Skill Drills

Section Two - Teaching

- **Peer Teach Assignment-** Candidates are assessed on their ability to teach a movement based lesson to their peers
- **Progressional Teach Assignment-** Candidates are assessed on their ability to teach a lesson based on a pre-determined topic.
- **Skier Analysis and Lesson Planning-** Candidates are assessed on their ability to analyse skiers and create a relevant lesson plan. Practice analysis can viewed on line at <https://vimeo.com/channels/223660>
- **Technical Discussion-** Candidates are assessed on their depth of technical skiing knowledge and their ability to apply this to the student and the given situation.
- **Online Course** -an open book course-assessment Manual knowledge, Skier Analysis and Lesson Planning

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.

Teaching Presentations

Candidates will be given a minimum of 40 minutes to deliver each of their two lessons.

(1) Peer Teach

Goal - Candidates will demonstrate their ability to use analysis, two-way communication, and feedback to deliver a relevant movement based lesson to their peers.

- Working with a topic of your choice, develop your peers skiing and understanding of skiing
- Topics should be presented/facilitated at the skill and ability level of the group & each individual
- This includes speed, terrain, and level of difficulty
- Topics should be presented in a way that is relevant to the group's motivation & understanding.
- All topics should be presented with "students" safety as the highest priority. It is the candidate's responsibility to measure and monitor all safety aspects of their lesson, taking into consideration such things as weather, snow conditions, student's abilities and skill levels.

(2) Progressional Teach

Goal - Candidates will demonstrate their ability to teach an advanced /expert class lesson based on a pre-determined topic using NZISA technique and methodology (L 3 Progressional Teaching topics below)

Process-See above for Distribution of Teaching Assignments. The lesson should be completed in the time allocated. Other candidates will be used as students during the lessons.

Assessment-The candidate will be assessed on the following:

- Safety using the Safety Code and taking into consideration each "student's" stage of learning
- Use of the teaching model.
- Accuracy of technical information.
- Group management.
- Appropriate pacing of lesson.
- Sufficient practice time.
- Relevant feedback.
- Terrain selection.

Level Three Progressional Teaching topics

1. Your students are making advanced parallel turns, develop their skiing to enable them to transition between medium radius turns more effectively.
2. Your students are engaging the edges during the initiation phase of medium radius turns develop their skiing to enable them to get more ski performance through the control phase.
3. Your students are making medium radius turns. Introduce short turns to them
4. Your students are making basic short turns, develop their short turns to become more dynamic.
5. Your students are able to ski most terrain, develop their skiing so that they can ski steeper terrain
6. Your students are making basic short turns on most terrain introduce bump skiing to them
7. Your students are making various turn radii in most conditions; develop their ability to ski more effectively in variable off piste conditions
8. Your students are making various turn radii in most conditions; develop their ability to ski more effectively in powder
9. Your students are making various turn radii in most conditions, develop their ability to ski more effectively on hard pack

Level Three Skier Analysis, Lesson Planning and Technical Discussion

Candidates are assessed on their ability to analyse skiers, present a relevant lesson plan, as well as their in depth technical skiing knowledge and their ability to adjust technique for any given situation.

Process

One hour time slots will be selected on the hill at the end of the skiing day or in the case of a closed day time slots will be drawn in the morning.

Candidates will be given a venue and a time and there will be a minimum of 30 minutes to prepare. The candidate will enter the room where there will be two examiners.

The assessment session will start with the first Skier Analysis and Lesson Plan. This process will be repeated with a second Analysis, and Lesson Plan.

This is then followed by a Technical Discussion. The examiners will make it clear when the assessment is moving into the Technical Discussion segment.

Level Three Skier Analysis and Lesson Planning

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

Practice analysis can viewed online at <https://vimeo.com/channels/223660>

Goal

To assess the ability of the candidate to watch a skier, make an analysis set a relevant goal and offer a lesson plan.

Process

Examiners will give the candidate the skiers "want", the candidate will then watch a video of a skier for a min of 1 minute. The candidate will then present their skier analysis, and a relevant lesson plan. The candidate will answer any questions from the Examiners.

Assessment

The candidate will be assessed on the accuracy of the skier analysis. The analysis should outline what the skis are doing, what the body is doing and how these relate to each other.

The goal will be assessed and should relate to the student's 'want' as well as be realistic for the first lesson.

The lesson plan will also be assessed. It must be linear and prioritise the "needs" highlighted in the analysis. The lesson plan needs to present how each step would be developed and must obviously improve the student. The candidate may be questioned by the examiners on any part of the skier analysis or lesson plan.

Technical Discussion

Candidates are assessed on their depth of technical skiing knowledge & their ability to adjust technique for any given situation.

Goal

To assess the technical understanding of the candidate via a discussion on upper level skiing. This includes dynamic skiing as well as all different terrain and snow situations.

Process

The examiners will offer a starting point for discussion by offering a student level, situation, turn type etc. This starting point will come in the form of a question. The candidate will answer each question and the discussion will develop from here. The topic will change throughout the discussion and the questions will relate to the ski performance, the movements and tactics throughout all situations.

Assessment

The candidate will be assessed in their ability to answer the questions technically correctly as well as their ability to think on their feet. No answers are predetermined. The assessment will cover all elements of upper-level skiin

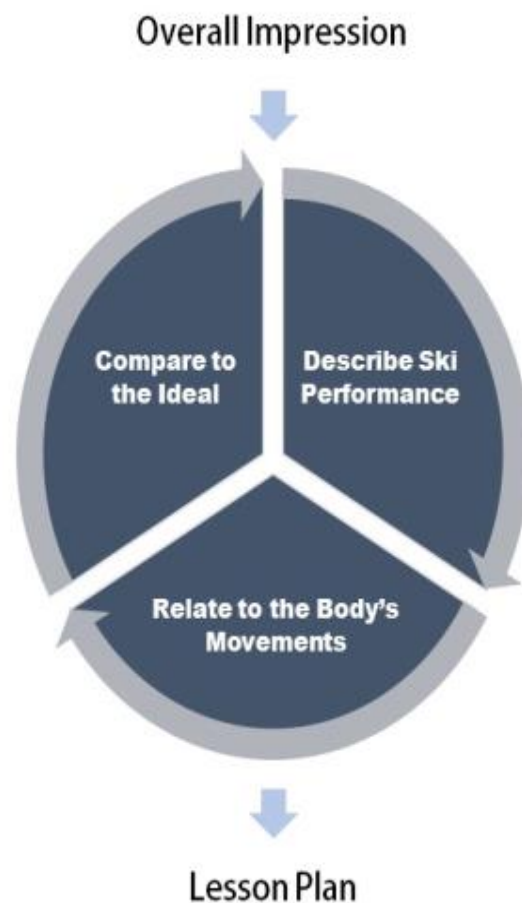
Ski Level Three - Skier Analysis and Lesson Planning

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

Practice analysis can viewed on-line at <https://vimeo.com/channels/223660>

The candidate is presented with a want for the student The candidate will need to give accurate details on and integrate into the model using the following four areas :

1. Ability to observe and describe the performance of the skis and movements of the body
2. Identification and depth of understanding of cause and effect relationships
3. Ability to compare observed performance and relationships to more ideal performance and relationships and prioritize areas to develop to improve performance
4. Ability to create a clear step by step lesson plan that is relevant to the analysis of the observed skier and facilitates the stated goal



In practicality, the process plays out like this...

Overall Impression

- Give an 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.
- Be phase and outcome specific when describing ski performance, e.g. fore/aft and ski to ski pressure, rotation, edging

Relate the skis performance to the body's movements

- Move through each phase of turn describing the basic stance of the skier, be 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 movements compare to the ideal
- Comparison to the ideal enables identification of their technical "needs"

Goal

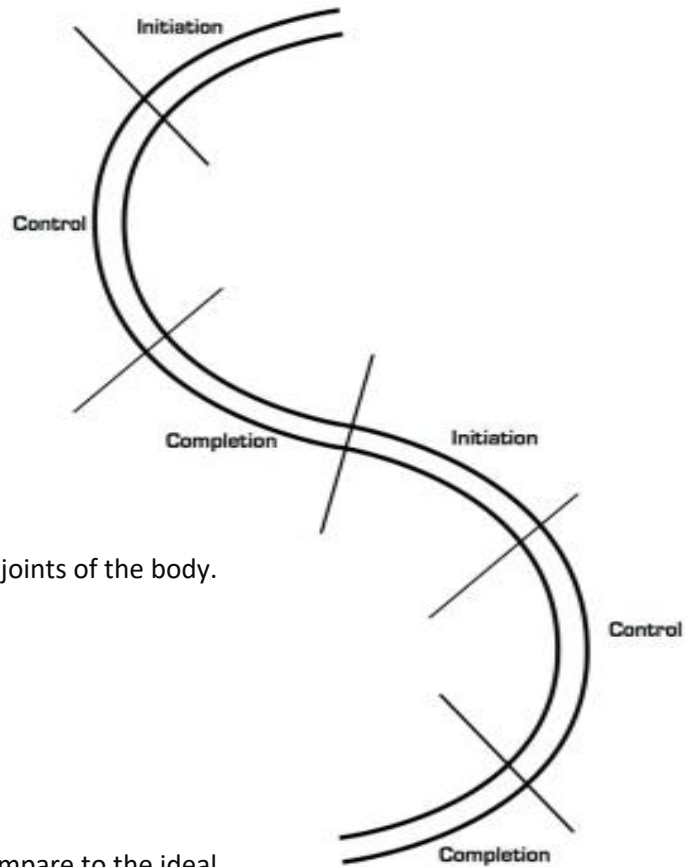
- By taking the 'wants' and 'needs' and incorporating the common movements for two areas, this will enable you to formulate a **goal** that is tailored to your student

Lesson Plan

Prioritise the skiers technical needs to achieve the stated goal (needs identified from comparison to the ideal)

Develop a Step by Step lesson plan 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 different learning styles
- Offer exercises/drills to support your progression.



Level Three Certification Skill Drills

One or more of the following Skill Drills will be assessed as a part of the personal skiing section at the exam.

Rotational movements are to be highlighted in the following Skill Drills

Hop Turns / Speiss- Start with skis across the hill. Continuously hop/jump turning the skis in both directions. The rotational movement must originate from the legs with the upper body remaining stable. The centre of gravity should move progressively down the hill. There should be minimal slipping of the skis downhill or forwards on landing. Use a pole plant and vertical movement to assist.

Linked pivot slips- Skis are relatively flat on the snow and pivot around the centre of the foot when turned by the legs. The feet should remain in the fall line therefore the corridor is about the width of the length of skis. The rotation movement should originate from the legs with the upper body remaining stable.

Javelin turns - The new inside foot lifted as we initiate the turn. As we balance on the outside ski it is turned underneath to create a crossed position. Continue to balance and steer the outside ski through the control phase.

Lateral movements are to be highlighted in the following Skill Drills

Railroad tracks- Turns on easy terrain where two clean lines are left by the edges of the skis, due to simultaneous rotational and lateral movement of the legs under a stable upper-body.

One ski- Turns of varying shape and on different terrain where one ski is constantly held off the ground. This is either the right ski or the left ski for each run.

White pass turns- Balance exclusively on the outside ski at turn completion. Make the whole transition on that ski while controlling the movement of the centre of gravity over that foot and steering the leg. Stay balanced on the new inside ski throughout the transition of the turn.

Timing and Coordination of movements are to be highlighted in the following Skill Drills

Edge change with flexion / compressions turns- Turns of varying shape and on different terrain where flexion is used to allow the centre of gravity to pass over the base of support to facilitate edge change movements (turn transition) Extension occurs as the edge angle is controlled (control phase).

Full range of movement- A variety of turn types on a variety of terrain where a full range of vertical movement is demonstrated, whilst remaining centred. (Extending through initiation and flexing through control phase)

Switch turns- Start off skiing forward. Jump 180 to switch (backward), make at least three parallel turns switch then by making a flat spin 180 change to forward.

Basic jumps- Run in, takeoff, flight, landing - all in balance.