



## 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.

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 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 the days of the Level Two (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. NZSIA Course participants are eligible for 50% discounted lift tickets during NZSIA courses in NZ.
- 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 a fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided online 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

NZSIA Course participants are eligible for 50% discounted lift tickets during NZSIA courses in NZ. Course participants names will be on the NZSIA Course list at the Ticket Office

## 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 Safety 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. The Level 2 course is 5 days training followed by a contingency day and 2 days of assessments. There are written assessments during the two Skier Analysis evening sessions. You will be expected to attend the course in full, training and assessments. You will be expected to meet 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 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 eligible 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 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](http://www.nzsia.org)

Ski Level Two is made up of an e-Learning Course, 5 days Training and 2 days of Exam Assessments.

For qualification courses & exams (except Free Ski) 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

NZSIA teaching methodology from Wedge Turns up to Advanced Parallel Turns. There are many common themes and links between what we teach our students and what we are doing ourselves in our personal skiing. The course philosophy allows you as a learner and as a teacher to make those links and develop your understanding and performance. The presentation of information is divided up into small and manageable parts, it will be important that you take notes and regularly review your understanding as the course progresses.

More in-depth information for Level Two Teaching progressions can be viewed using the Level Two Exam Teaching ideas Document see link below. Please bring a copy of this to the on snow sessions <https://www.nzsia.org/wp-content/uploads/2019/07/NZSIA-Level-Two-exam-teaching-ideas.pdf>

Candidates are required to:

1. **Complete Online Course & Quizzes (e-Learning)** - This covers theory, movement analysis and lesson planning
2. **Teach from Wedge Parallel turns to Advanced Parallel turns**
3. **Analyse and Plan lessons for Intermediate skiers**
4. **Skiing** - 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
5. **Fundamental Skill Demonstrations** - Wedge Turns, Wedge Parallel Turns & Basic Parallel Turns

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

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

There are also online resources available to help you prepare -

<https://www.youtube.com/playlist?list=PL0qpyQfzv5uu4FU0HeHpKrqPpiVa9cJ-Y>

Level Two examples of Ideal and Real Skiing manoeuvres - <https://vimeo.com/channels/1466611>

## e-Learning

e-Learning must be completed 48 hours before the start of the course.

e-Learning is part of the Level Two and is an open book assessment.

To complete 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.

Those transferring from another qualification system **MUST** also complete Level One e-Learning.

## Ski Level 2 Daily Outline

### Day One

- **Personal Skiing Skills Development**
- **Teaching Skill Development and Understanding** - explore how to teach and develop using NZSIA teaching methodology
- **Fundamental Skill Demonstrations** - Choices being Wedge Turns, Basic Wedge Parallel Turns, Basic Parallel Turns
- **Review** - review of days activities. Consider how these can be applied in the progression of skier from Wedge Parallel to Advanced Parallel, and how these can be used when referring to the Teaching Topics 1 – 9

### Day Two

- **Personal Skiing Skills Development**
- **Teaching Skill Development and Understanding** - continue to develop knowledge and understanding of NZSIA teaching - observe a Teaching Session from your trainer
- **Fundamental Skill Demonstrations** - Wedge Turns, Basic Wedge Parallel Turns, Basic Parallel Turns
- **Review** - Progression review of information covered for Teaching Topics 1-9

Evening Session Indoor - Skier Analysis training and 15% Skier Analysis written assessment

### Day Three

- **Personal Skiing Skills Development**
- **Teaching Skill Development and Understanding** – continue to develop knowledge and understanding of NZSIA teaching
- **Fundamental Skill Demonstrations** – Wedge Turns, Basic Wedge Parallel Turns, Basic Parallel Turns

- **Review** - Progression review of information covered for Teaching Topics 1-9

## **Day Four**

- **Personal Skiing Skills Development**
- **Teaching Skill Development and Understanding** - continue to develop knowledge and understanding of NZSIA teaching
- **Fundamental Skill Demonstrations** – Wedge Turns, Basic Wedge Parallel Turns, Basic Parallel Turns

Evening Session Indoor - Skier Analysis & Lesson Planning training and 15% Skier Analysis written assessment

## **Day Five**

- **Personal Skiing Skills Development**
- **Teaching Skill Development and Understanding** - teaching practice and skier analysis overview
- **Fundamental Skill Demonstrations** - Wedge Turns, Basic Wedge Parallel Turns, Basic Parallel Turns

Distribution Of Teaching Topics For Exam happens at the end of Day 5

## **Day Six – Contingency day - Exam Assessment Preparation**

### **Exam Assessment Day - Day Seven**

8.45am all meet on snow and then warm up for Skiing Exam - Wedge turns, Basic Wedge Parallel turns, Basic Parallel turns with pole touch, Dynamic Medium Radius Parallel turns, Short turns and Freerun. After skiing, a draw is done for the analysis exam times (and venue given).

Skier Analysis Verbal Exam - 70% of assessment - Evening session indoors. Each candidate will have 20 minutes to verbally analyse one skier and present a lesson plan for a 2 hour lesson (video will continue playing on repeat).

### **Exam Assessment Day - Day Eight**

8.45am all meet on snow Teaching Exam - Each candidate will prepare to teach a lesson to three students. All candidates will take turns at being students.

Evening - Presentation of Results and Certifications

Time and place to be confirmed by your Examiner.

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

# Assessment Areas

Please refer to the NZSIA Standards Documentation for greater details

<https://www.nzsia.org/wp-content/uploads/2019/05/Skiing-Standards-Doc-2019-.pdf>

## (1) Skiing

### Skiing

- Dynamic Medium Radius Parallel Turns
- Parallel Short Turns
- Freerun

### Fundamental Skill Demonstrations

- Wedge Turns
- Basic Wedge Parallel Turns
- Basic Parallel Turns with pole touch

## (2) 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 and develop skills to a group of other candidates.
- **e-Learning** – an open book assessment of manual knowledge and Skier Analysis and Lesson Planning.

## Certification Scoring Criteria

The assessment for this course is divided into Two sections - Skiing and Teaching.

Candidates must pass both sections to pass the Level Two Certification.

The course runs as 5 days of training and 2 days of exams.

During the first 5 days candidates work with one Examiner.

Skiing will be assessed on and off piste.

<https://www.nzsia.org/wp-content/uploads/2019/05/Skiing-Standards-Doc-2019-.pdf>

For an exact description of the standards required please review the Level 2 Standards Doc

Skiing components, Dynamic Medium Radius Parallel Turns, Parallel Short Turns, Freerun, and Fundamental Skill Demonstrations are assessed on the last two days of the Exam.

Skier Analysis and lesson planning are assessed as follows, 30% during the 2 analysis evening sessions, and 70% of the assessment at the verbal exam.

Teaching Assignments are assessed on snow on the last two days of the Exam.

A prerequisite to attending Level 2 is completion of the e-Learning.

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

## 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 manoeuvre no better than one would expect of a student of that level of skiing.

0 - Absent.

## Level Two Re-sits

- Re-sits are available if a candidate attains a partial pass by passing either the Skiing or Teaching section
- If you have a passing Session Mark from your initial L2 exam then you may choose to keep that session mark instead of making the Free Run
- The passed section remains valid for one year from the date that the partial pass was obtained
- The candidate may re-sit the other section, within the year of attaining a partial pass, at any other scheduled NZSIA Ski Level 2 Exam Days Assessments on a space available basis



## Ski Level Two - Skier Analysis and Lesson Planning

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

Example questions that will be used in the evening written assessments are available as a download from the NZSIA website

<https://www.nzsia.org/wp-content/uploads/2019/07/NZSIA-Ski-Level-Two-Analysis-Written-Assessment-Document-2019-.pdf>

Practice analysis can be viewed online

<https://www.youtube.com/playlist?list=PL0qpyQfzv5uu4FU0HeHpKrqPpiVa9cJ-Y>

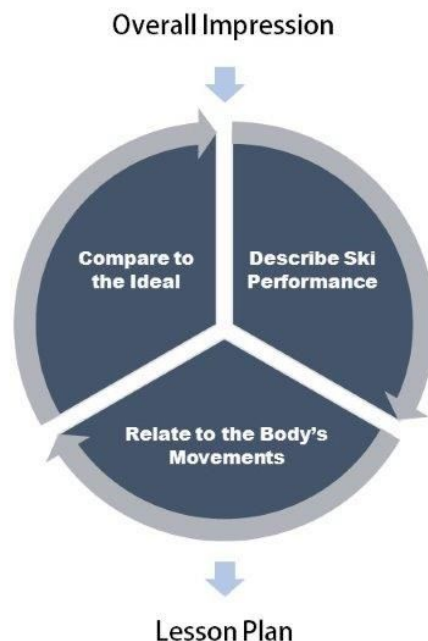
Below is a pictorial model describing the overall process that a candidate will go through for skier analysis and lesson planning. The candidate is presented with a WANT for the student.

There are three areas that the candidate will need to give details on and integrate into the model.

1. Observation/description of skier performance and movements of the body
2. Prioritization of technical needs to achieve the stated goal (comparison to the ideal)
3. Step by step lesson plan that is relevant to analysis of the skier and facilitates the stated goal

### Analysis

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



## Overall Impression

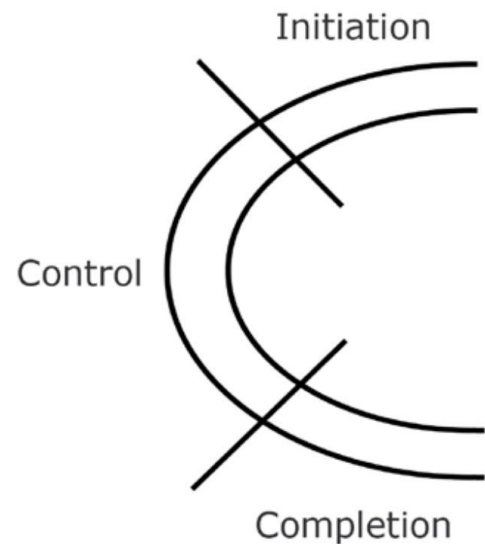
Give an overall impression of the skier. This should include an assessment of athletic ability and how comfortable they appear on the terrain

## Describe Ski Performance

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

## Relate the Skis 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 relevant areas of body movements that are causing the skis 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 ski performance and the movements of the body.



## Compare to the Ideal

- Based on your descriptions 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 skier’s technical needs to achieve the stated goal (comparison to the ideal).

Formulate a Step by step 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.

# Ski Level 2 – Teaching

## Teaching Assignment Starting Points

1. Develop your students' lateral balancing skills in the control phase so they can then steer the inside ski to parallel.
2. Develop your students' lateral balancing skills during the initiation to enable the skis to be parallel for most of the turn.
3. Develop your students edging skills so they can feel more grip and stability in the control phase of a wedge parallel turn.
4. Develop your students' ability to weight shift, and stay centred over, the new outside ski to help then make a parallel initiation.
5. Develop your students' ability to control the release of the skis laterally and rotationally to help them make a parallel initiation.
6. Develop your students' rhythm and timing by teaching them a well-timed pole touch, highlighting the benefits this pole touch gives to other movements.
7. Develop your students' ability to vary the size and shape of their basic parallel turns, making them more versatile and able to ski competently on different terrain.
8. Develop your students' ability to get more grip in the initiation of the turn, allowing them to make an advanced parallel initiation.
9. Develop your students' understanding and ability to control the path the centre of gravity takes, including how to adjust lateral balance, in the control phase of an advanced parallel turn.