

**IRISH ASSOCIATION
OF SNOWSPORTS INSTRUCTORS**



**Alpine Level 3 Technical
Exam Prep & Exam
Part of the Ski Teacher Award, ISIA**

Student Workbook

Version 2, September 2021

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Overview of the Module

a) Entry Criteria:

- ❑ Students should hold the IASI Alpine Level 2 Ski Instructor Award
- ❑ Hold a current and valid first aid certificate
- ❑ Be a paid up member of the Irish Association of Snowsports Instructors

b) About this workbook:

The purpose of this workbook is to guide you through each day of the course, giving you areas to record and make notes about the content of the module. It also provides you with a “Record of Achievement” that will be a valuable resource for your future teaching in snowsports.

Your role:

The workbook is designed to cover key areas of the module and contribute to your overall training and assessment, so, keep it:

- ◆ NEAT AND TIDY
- ◆ UP TO DATE
- ◆ IN A SAFE PLACE
- ◆ AS A FUTURE REFERENCE AND RESOURCE

c) Overall goal:

IASI Alpine Level 3 is internationally recognised and skiers who achieve this level will be **skillful** skiers with the ability to **adapt** their skills on different terrain.

d) The KMPF model in the exam environment:

The **KMPF skill acquisition model** is part of the **Irish Snowsports Teaching Methodology (ISTM)** and an integral part of the IASI system. It helps you to understand both the process of learning during training courses and performing during exams. The four key stages are: Knowledge, Movements (motor learning), Performance and Flow.

The **exam prep course** allows you to hone your skills under exam conditions, clarifying your understanding of the tasks required and the environment where they are performed.

The **exam** will test your skills as you **perform** all the skills across the strands as per the assessment criteria.

It is important to understand that during the Alpine Level 3 **Exam Prep and Exam courses** you will be primarily working in the **performance and flow stages** of the skill acquisition model. Should you still need to develop your skills and work towards the assessment standards then you should attend the skills development course (SDC).

<http://www.iasisnowsports.com/performance-training>

You can find further information about the KMPF skill acquisition model and the Irish Snowsports Teaching Methodology via the IASI website <http://www.iasisnowsports.com/istm> and in the appendix at the end of this workbook.

e) Equipment required:

- **Helmets** are required for the entire duration of the course/exam.
- It is recommended that students have performance **piste skis** (GS or SL) and be comfortable using them for all tasks and terrain.
- **Avalanche safety equipment:** ruck sac, transceiver, shovel & probe. Your course educator/examiner will decide on which days you need to bring this kit depending on available terrain, snow conditions and the course program.

- As with all courses you need to be able to take **notes** but this can be done on paper or electronically. You also need to have access to this workbook either on a smartphone or mobile device or by printing it before the course.

f) Technical assessment criteria:

The following criteria are broken down under the headings of **Core Skier Development (CSD)**, **Piste Performance**, **Bumps**, **Variable Conditions** and **Additional Activities**. It sets out what you, as potential level 3 teachers need to "Show" by the end of the course.

Overall Goal

IASI Alpine Level 3 is internationally recognised and skiers who achieve this level will be **skillful** skiers with the ability to **adapt** their skills on different terrain.

CORE SKIER DEVELOPMENT: on appropriate terrain for each phase

Show

- all turning phases of Core Skier Development (CSD), without feedback from the examiner (see more detailed breakdown of tasks in Level 2 technical assessment criteria).
- one turning phase to the next in the same run, using a gradual progression by changing the blend of the steering elements (e.g. plough turns to plough parallel or plough parallel to basic parallel).

PISTE PERFORMANCE PARALLEL VARIATIONS : on steep blue or red piste/terrain

Show

- Parallel variations showing skill to manipulate steering in various corridors

PISTE PERFORMANCE SHORT TURNS: on red piste/terrain

Show

- short turns using an appropriate blend of the steering elements to produce rounded arcs with a high degree of ski performance. The blend of the steering elements will be determined by the corridor width.
- rhythmic and flowing turns with good control of speed.
- the ability to perform in a variety of corridors up to 4m wide.
- a good blend of lateral and rotational separation appropriate to the corridor, speed and turn shape.

PISTE PERFORMANCE MEDIUM/LONG TURNS: on steep blue and red piste/terrain

Show

- cleanly carved medium/long turns leaving clean tracks in the snow (both skis), with appropriate range and rate of movement in the legs.
- the ability to influence the turn shape (tighten the arc whilst carving).
- the ability to use both cross-under and cross-over to change the edges.
- a good blend of inclination and angulation (lateral separation).

BUMPS: < 25 degrees on natural bump field (not a single rut line)

Show

- a variety of lines in the bumps matching movements to terrain.
- continuously linked turns in the fall line.
- a well timed pole plant.
- the ability to absorb and stretch the legs in order to maintain good snow contact while remaining parallel.

VARIABLE CONDITIONS: on and off piste

Show

- ability to perform in a variety of conditions (e.g. powder, heavy snow, slush and ice).
- rounded turns using different arc length to maintain flow and cope with terrain changes.
- turns with a high degree of ski performance (curved not skidded).

- ability to use fore/aft pressure control with effective posture and balance.

SWITCH/BACKWARDS SKIING: Ability to link a minimum of reverse plough parallel turns down a easy blue piste.

- Effective posture and balance
- To ensure good vision the upper body will have rotation so turning effort won't be only from the lower body
- Ski should be parallel throughout the arc with no downward stem

ADDITIONAL ACTIVITIES:

Show

- **Single leg carving** – to demonstrate good balance over the outside ski leaving clean lines in the snow
- **javelin turns** on *blue piste*/terrain showing good balance on the outside ski.
- **tic tac turns** *on piste* to demonstrate co-ordination and agility.
- **Braquage** on *blue piste* demonstrating the ability to blend linked braquage turns on steeper terrain within a narrow corridor (one cat track width, approx. 1.75m), keeping the upper body uninvolved and using active turning of the legs/feet .

NB: Please note that the above “additional activities” are a test of many elements including balance, agility and co-ordination. They are also there to guide students in their training and preparation for the exam.

Candidates will be asked to **select two** of the additional activities that they perform to a high level and demonstrate these to both the examiner and the other candidates. However please note that your choice also needs to take into account the snow and weather conditions so it is advisable to have practiced and be confident at all of the activities.

As an additional point, candidates should be able to show a progression of activities or steps that lead to the end form performance and should be confident that they could teach this progression during the level 3 teaching course.

g) Resources:

- 1) **The IASI Outcome standard videos**
<https://iasisnowsports.ie/outcome-standards/>
- 2) **Short turn variations** by IASI Alpine Education Team
<https://youtu.be/MKPTphGIEI>
- 3) **Parallel Dreams Alpine Skiing**, 2007 available from Amazon
http://www.amazon.co.uk/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=parallel+dreams+alpine+skiing
- 4) **Interski 2015 Technical Review**, by Derek Tate, IASI Head of Education
https://youtu.be/9FV7_UcBUPw
- 5) **Technical Comparison Corridor**, by CSIA-AMSC from Interski 2015
https://youtu.be/cX_HgLhPTxk
- 6) **Technical Reference Short Turns**, by CSIA-AMSC from Interski 2015
<https://youtu.be/xnLk7GsnkX8>
- 7) **Technical Reference Long Turns**, by CSIA-AMSC from Interski 2015
<https://youtu.be/93LOMQynzg0>
- 8) **Technical Reference Intermediate Parallel**, by CSIA-AMSC from Interski 2015.
<https://youtu.be/tOupKumtM4E>
- 9) **Ski Instructors Handbook – Technical Skills & Drills**, by Andrew Lockerbie, 2011, available in print from Parallel Dreams and Amazon
- 10) **Project Kitz** with Paul Lorenz, Reilly McGlashan and J F Beaulieu
<https://vimeo.com/ondemand/projectkitz>

- 11) **The Zillertal Project** with Alex Taugwalder, Jon Ahlsen and Jonathan Ballou <https://youtu.be/84FD7TOV2J0>
- 12) **Project Tux** – with Nadine Grunenfelder, Andreas Spettel and J F Beaulieu <https://youtu.be/fEl8aYzFbjM>
- 13) **Purposeful Practice**, by Derek Tate published by Parallel Dreams, 2017 <https://www.optimaexperience.co.uk/articles>
- 14) **Focus Your Attention**, by Derek Tate published by Parallel Dreams, 2017 <https://www.optimaexperience.co.uk/articles>

h) Sample program:

IRISH ASSOCIATION OF SNOWSPORT INSTRUCTORS

Alpine Level 3 Technical Exam Prep & Exam

Day	Morning	Afternoon	Off Snow	Support Program
	Travel to Resort		Group Introductory Session Knowledge, Movements, Performance & Flow (KMPF)	
Day 1 Exam Prep	Piste Performance – advanced parallel turns Understanding of KMPF model	Piste Performance – short and medium/long turns Video of student's performance	Video review	Performance analysis looking at piste performance
Day 2 Exam Prep	Variable Conditions Varied turn shapes and corridors in varied snow conditions on and off piste	Bumps Varied lines Developing student's performance as required	Video review	Performance analysis looking at variable conditions & bumps
Day 3 Exam Prep	Core Skier Development Focusing on skiing from one stage to the next	Perform areas required including additional activities Choosing from list of activities	Video review	Performance analysis looking at Core Skier Development & additional activities
Day 1 Exam	Piste Performance – advanced parallel and short turns Clarifying what is required & performance by candidates	Core Skier Development Performance by candidates	Video review	Rating candidate's performance against assessment criteria
Day 2 Exam	Piste Performance – medium/long turns Clarifying what is required & performance by candidates	Bumps & Variables Clarifying what is required & performance by candidates	Video review & rating candidate's performance	Clarifying areas to focus on in your "Performance" (KMPF)
Day 3 Exam	Bumps & Variables Clarifying what is required & performance by candidates	Perform areas required Performance by candidates	Course results	Individual candidate reviews

NB: Please note that this is just a sample program of the 3-day exam prep course and the 3-day exam. The course examiner will decide on which areas of performance to focus on each day depending on snow and weather conditions. Some additional activities will also be incorporated each day. The format of the two courses may be 6 consecutive days or the courses may be run separately.

1.0 Day One – Exam Prep

1.1 Daily outcomes and notes

OUTCOMES:

- Relaxed and comfortable with your peers, examiner and course program.
- Clear understanding of the KMPF skill acquisition model and how it relates to the training and exam environments.
- Ski a range of activities for advanced parallel, short and medium/long turns on piste.
- Understand the assessment criteria for piste performance.

Daily Notes:

Personal action points (including points from your video footage):

1.2 Skier performance analysis model (SPAM)



- **Set Task** – be specific as this makes analysis easier
- **Ski Performance** – look at how the skis are interacting with the snow (forces)
- **Skier's Movements** – are they appropriate (range & rate)?
- **Skier's Balance** – in terms of fore/aft and lateral
- **Ski Performance** – accurate steering?
- **Task Achieved** – has the task been achieved?

The process above relies on a clear and specific task being set. After working through this process the instructor/observer is in a position to provide the learner/doer with feedback.

1.3 Analysing performance of other skiers (from video footage)

Notes: - make notes on the skiers you observe doing **short and medium/long turns on piste** using the SPAM model to assist with this process.

2.0 Day Two – Exam Prep

2.1 Daily outcomes and notes

OUTCOMES:

- Ski a range of activities for variable conditions.
- Understand the assessment criteria for variable conditions.
- Ski a range of activities and lines in bumps.
- Understand the assessment criteria for bumps.
- Analyse video footage of yourself and others.

Daily Notes:

Personal action points (including points from your video footage):

2.2 Analysing performance of other skiers (from video footage)

Notes: - make notes on the skiers you observe in **variable conditions** and **bumps** using the SPAM model to assist with this process.

3.0 Day Three – Exam Prep

3.1 Daily outcomes and notes

OUTCOMES:

- Ski a range of Core Skier Development (CSD) tasks including one turning phase to the next in the same run.
- Understand the assessment criteria for CSD.
- Ski some additional activities choosing from the list.
- Analyse video footage of yourself and others.

Daily Notes:

Personal action points (including points from your video footage):

3.2 Analysing performance of other skiers (from video footage)

Notes: - make notes on the skiers you observe in **Core Skier Development** and **additional activities** using the SPAM model to assist with this process.

3.3 The assessment process

Level 3 & Level 4 IASI technical exams are split into 'exam prep' and 'exam' courses each of 3-days duration. The exam prep courses are designed to get you ready to 'perform' at your best while the exam courses are purely assessment. This means that you need to be performing at or above the level required and meeting **ALL** assessment criteria during the 3-day exam.

During the Alpine Level 3 Technical exam you are assessed on your **Technical** performance.

The Technical assessment criteria are detailed near the beginning of this workbook.

The **Technical** criteria details what you must “**show**” for;

- **Core Skier Development – turning phases**
- **Piste Performance – advanced parallel, short turns & medium/long turns**
- **Bumps**
- **Variable Conditions**
- **Additional Activities**

The method of assessment is a simple PASS or FAIL against each of the assessment criteria.

Following the completion of the course your examiner will write a report detailing your strengths and weaknesses for your technical performance and recording your result.

If you have a fundamental weakness or weaknesses in your performance that affects more than one area then you will need to retake the full 3-day exam.

If you are unsuccessful in just one area e.g. piste short or bumps or variables etc. then the examiner can recommend a re-sit of just that area.

A technical re-sit of just one area is a minimum of one day, but it is recommended that you do more than one day to help with further training and ensure that the right conditions are available. To do this you can either join a specific IASI Level 3 skills development course (providing there is space) or join a private performance course being taken by an IASI Examiner who runs Level 3 Technical exams.

All such re-sits **MUST** have prior approval from IASI's Head of Education.

All re-sits must take place in the open mountain environment in appropriate conditions for the area being assessed.

To pass the full Alpine Level 3 Ski Teacher award you must complete all the required modules as detailed on the IASI website.

4.0 Day One – Exam

4.1 Daily outcomes and notes

OUTCOMES:

- Perform advanced parallel turns.
- Perform short turns.
- Perform Core Skier Development turning phases.
- Perform some additional activities.
- Analyse video footage of yourself and rate your performance.

Daily Notes (including personal action points):

4.2 Analysing your performance (from video footage)

Notes: - use this space to make notes on your own performance having reviewed the video footage and using the SPAM model to assist with this process.

5.0 Day Two – Exam

5.1 Daily outcomes and notes

OUTCOMES:

- Perform medium/long turns.
- Perform in bumps.
- Perform in variable conditions on and/or off piste.
- Analyse video footage of yourself and rate your performance.
- Clarify individual areas to focus on in your “**Performance**”.

Daily Notes (including personal action points):

5.2 Clarifying areas to focus on in your performance

Notes: - make notes on the specific areas that you need to focus on in your performance across all the areas being assessed. Remember that the focus should be on **Performance** rather than trying to change or learn new movement patterns hence your strategies will be more outcome focused.

6.0 Day Three – Exam

6.1 Daily outcomes and notes

OUTCOMES:

- Perform in bumps.
- Perform in variable conditions on and/or off piste.
- Perform other areas as required e.g. CSD, piste, additional activities.
- Review course and receive result.
- Action plan for future development.

Daily Notes (including personal action points):

6.2 Results & individual action planning

List key points for development of each area of performance – piste advanced parallel, short turns, medium/long turns, bumps, variable conditions, core skier development (CSD) and additional activities:

Also makes notes on how you **performed under exam conditions**. Did you manage to keep your attention focused on task? Or did your mind wander to other less useful things?

IASI COURSE WORKBOOKS

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The **Irish Snowsports Teaching Methodology (ISTM)**, the **KMPF Model of Skill Acquisition**, the **Skier Performance Analysis Model (SPAM)** and photo are copyright © Parallel Dreams and used with permission of Parallel Dreams Coaching.

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