



## Level 3 Professional Instructor — Program Overview

### Introduction and Purpose:

The following information provides an overview of the PSIC Level 3 Professional Instructor Certification Course.

Welcome to the Professional Ski Instructors of Canada's Level 3 Program! This program is designed to utilize your practical experience and exposure to real-life teaching scenarios at your snow school, with the goal of enhancing the versatility and adaptability of your skiing and teaching skills. It's a fun and high-energy program that focuses on the development of advanced skiing and teaching techniques in advanced conditions and situations.

In the Level 3 program, you'll gain a deeper understanding of the physics behind skiing, which will aid in the technical aspects of both your skiing and teaching. You'll also explore the physical, emotional, and intellectual aspects of advanced teaching. We recognize that achieving Level 3 can be a pivotal moment in a ski instructor's career, often leading to roles in training and instruction at snow schools and clubs, as well as opening up opportunities to teach internationally.

The Level 3 program is specifically designed to challenge and empower you, honing your understanding and skills to prepare you as a future leader in the skiing industry.

### Learning Outcomes:

The learning outcomes for Level 3 are based on the PSIC's Adventure Philosophy, which emphasizes creating Fun, Safe, Learning environments. These outcomes also incorporate the use of PSIC's Technical Blueprint and "The Method," ensuring these principles are effectively integrated into your teaching. This approach is designed to bring a dynamic and effective learning experience to life in your lessons

As an experienced instructor, you have recognized that there is a great deal of crossover and blending of concepts that inform decisions you make in order to ensure fun, safe, learning is present in your lessons. The Learning Outcomes of Level 3 acknowledge versatility and adaptability in how you blend these concepts into your practice.

#### Advanced Skiing Skills — Versatility and Adaptability

- Short Turn Versatility
  - Short turns — Steered
    - Ability to maintain speed and turn shape on moderate black groomed terrain
    - Force created by the skis deflects the mass

- Short turns — Free
  - Ability to manage speed and turn shape in advanced off-piste/varied conditions
  - Force created by skis may or may not deflect the mass (situation dependent)
- Medium Turn Versatility
  - Medium Turns — Steered
    - Ability to maintain medium speed in a round turn on blue to black terrain
  - Medium Turns — Drifted in, Carved out
    - Ability to start turn drifted and blend to carved performance on blue terrain
  - Medium Turns — Carved
    - Ability to maintain speed and turn shape on moderate blue terrain
- Adaptability
  - Off-Piste — Your Best Skiing
    - Ability to control and choose speed, path and performance in advanced unprepared/off-piste terrain
  - Bumps — Advanced Terrain
    - The intention is primarily short turn, fall line
    - Ability to adapt line, speed and snow contact (at will) in advanced bumps

### **Advanced Teaching — Versatility and Adaptability**

- The Adventure — Fun, Safe, Learning
  - Engage actively with peers, trainer and program activities
  - Develop advanced skiing skills of fellow participants
  - Adapt to psychological and physical safety needs of students
  - Apply safe class management strategies
  - Apply purpose based assessments of skiers
  - Apply learning activities based on assessments
  - Facilitate development through positive and constructive feedback
  - Prioritize “mileage” and terrain play in the teaching approach
  - Choose terrain appropriate to students and the lesson situation
  - Describe technical aspects by linking purpose and movements

### **Assessment and Evaluation:**

- Evaluation is derived through a coached, ongoing assessment of the learning outcomes throughout the three-day Level 3 Evaluation Course. For this reason, your engagement and participation throughout the program is important.
- Skiing skills evaluation is built with versatility and adaptability in mind.



- Evaluation is provided based on “exceeds expectations”, “meets expectations” and “requires development” in relation to the learning outcomes.
- These results are provided at the conclusion of the evaluation before departure from the ski area where the program takes place.
- Opportunities for one-on-one check-ins will be available during the program to ensure learning outcomes are understood and increased focus is applied where necessary. The goal is to help you where you need help.
- Completion of the online e-learning modules and participation in all of the on-snow portions are required to complete the program and achieve the Level 3 certification.
- Level 3 certification is recognized once you have achieved *both* the Skiing and Teaching portions of the program, and have passed the Evaluation.
- All participants receive a written development plan following each of the Skiing and Teaching development components and the Evaluation to help provide guidance on the next steps for ongoing development.

### **Course Structure:**

The Level 3 Program includes three main components (total 9 days):

- On-snow — skiing development (3 days)
- On-snow — teaching development (3 days)
- On-snow — final assessment and evaluation (3 days)

Participation in the Skiing and Teaching development components can be in your order of preference however it is recommended that where possible you participate in the Skiing component first as the technical understanding of skiing will be helpful toward the Teaching component.

### Online e-Learning Component:

Online, self-guided e-Learning modules will precede the on-snow portion and will be sent to you following registration. At the outset of the 2023/24 season, modules for Level 3 are under development and will be completed and available soon!

### Level 3 Skiing Component

- The Level 3 Skiing Component is a 3 day on-snow training, approximately 4.5 - 5 hours per day.
- This is a training program and does not include a final evaluation.
- Throughout the program, you will, together with your LPT, develop a comprehensive development plan to assist you with the next steps in your development toward achieving Level 3.



- Your LPT will provide you with recommendations regarding participation in the assessment and evaluation component of the Level 3 to help you plan effectively.
- The three days focus on the development of your skiing skills as well as your understanding of how to assess and develop skiing skills up to and including advanced groomed, off-piste terrain and bumps. Note that the physical demands of this program are greater than that of the Level 2 based on the terrain, speeds and performance level associated.
- Participation, collaboration and teamwork are important.

### Level 3 Teaching Component

- The Level 3 Teaching component is a 3 day, on-snow training, approximately 4.5 - 5 hours per day.
- This is a training program and does not include a final evaluation.
- Throughout the program, you will, together with your LPT, develop a comprehensive development plan to assist you with the next steps in your development toward achieving Level 3.
- Your LPT will provide you with recommendations regarding participation in the assessment and evaluation component of the Level 3 to help you plan effectively.
- The three days focus on the development of your teaching skills as well as your understanding of how to assess and develop skiing skills up to and including advanced groomed, off-piste terrain and bumps. Note that the physical demands of this program are greater than that of the Level 2 based on the terrain, speeds and performance level associated.
- Participation, collaboration and teamwork are important.

### Level 3 Final Assessment and Evaluation Component

- The Level 3 Assessment and Evaluation Component is 3 days on-snow, approximately 4.5 - 5 hours per day.
- Participants should arrive prepared to ski advanced terrain and conditions through the range of skiing described as well as with a reasonable level of experience and comfort in working with advanced skiers.
- This is an ongoing assessment process framed in a *learning environment*, come to this component with a willingness to learn and a curiosity to explore. Multiple teaching and skiing opportunities will focus on and allow for the development and assessment of the learning outcomes described above.
- Participation, collaboration and teamwork are important throughout this course.



### **Course Prerequisites:**

- Practical teaching experience is strongly recommended for participants considering the Level 3 Certification Program.
- PSIC Level 2 or recognized equivalency is required (refer to [equivalency](#) crossover if you are a member of another organization already.)
- You **MUST** be a minimum of 14 years of age on the day the on-snow portion begins.
- You must be a paid member of the PSIC to register.
- Online e-learning modules made available upon registration must be completed prior to day one of the on-snow portion of the program. These modules will provide important and useful information that will increase the value and effectiveness of your on-snow experience.
- You should be ready to experiment, try new things, collaborate with others, and have a great time! Arrive curious!
- Completion of the associated online elearning components and participation in the Skiing and Teaching components of the program is required in order to participate in the Evaluation portion.

### **General:**

- Breaks will happen throughout the day (vary depending on the weather), however, we recommend that you carry a snack in your pocket as the daily schedule and lunch break timing can vary based on various factors.
- You will receive a detailed description of the meeting time and place of your program when you register.

### **Questions?**

Please connect with our PSIC staff at [info@psic.pro](mailto:info@psic.pro). We look forward to seeing you on-snow!