



## PSIC Level 4 Professional Instructor — Program Overview

### **Introduction and Purpose:**

The following information provides an overview of the PSIC Level 4 Professional Instructor Certification Academy Program.

The Level 4 Professional Ski Instructor is the highest certification milestone in the PSIC's four level pathway. The learning outcomes of the Level 4 reflect an in depth knowledge of skiing and teaching science, and an expert level of skill application and lesson delivery up to and including on and off piste black terrain and bumps. The following information provides an overview of the PSIC Level 4 Professional Instructor Certification Course including Purpose, Content, Structure as well as some prerequisites to help you determine if the program is a fit for you.

### **Learning Outcomes:**

Level 4 learning outcomes are based on the PSIC's Adventure Philosophy — Creating Fun, Safe, Learning. Led by the goals of creating versatile, adaptable and creative skiers and teachers, the Level 4 learning outcomes reflect experience, intimate knowledge, and precise and accurate skill application through all aspects of teaching and skiing.

### **Expert Teaching — Versatility, Adaptability and Creativity**

The Adventure — Fun, Safe, Learning for Expert Skiers

#### Teaching Skills - (Application of The Method)

- Builds connections with trainees and trainers by engaging in the process and learning activities of the program.
- Creates learning activities tuned to student's Challenge Zone to ensure Fun Safe Learning
- Creates verbal, visual, and experiential methods providing effective explanations, demonstrations and practice
- Adapts teaching methods and the learning environment to improve student outcomes.
- Balances skiing time, group dynamics and individualized feedback
- Adjusts situational and technical aspects of their approach to foster psychological safety and manage physical risks.

#### Technical Skills - (Application of Technical Blueprint)

- Analyze and describe force and balance fundamentals through the relationships between snow, skis, and skills to assist expert skiers toward achieving chosen purpose

- Leads expert skiers through an organized development process that includes identifying purpose, assessment, development and practical application of skills.

### **Expert Skiing Skills — Versatility, Adaptability and Creativity**

- Short Turns Versatility
  - Short turns — Steered
    - Ability to maintain speed and turn shape on steep black groomed terrain.
    - Force created by the skis precisely deflects the mass.
  - Short turn — Carved
    - Ability to maintain speed and turn shape on green/blue terrain.
    - Force created by the skis is managed to limit deflection of the mass.
  - Short turns — Free
    - Ability to manage speed and turn shape in expert off-piste/varied conditions and bumps.
    - Force created by skis may or may not deflect the mass — situation dependent.
- Medium Turn Versatility
  - Medium Turns — Carved
    - Ability to maintain speed and turn shape on blue terrain.
  - Medium Turns — Drifted in, Carved out
    - Ability to start turn drifted and then rapidly transition to carved on black terrain (Stivot).
  - Medium Turns — Steered
    - Ability to maintain medium speed in a round turn on a black run.
- Adaptability
  - Off Piste — Your best skiing
    - Ability to dictate speed, path and performance in expert off piste terrain.
  - Bumps — Expert terrain
    - Ability to dictate and adapt line, speed and snow contact (at will) in expert bumps.
    - Run shows creativity through precise application of skill.

### **Assessment and Evaluation:**

- Evaluation of learning outcomes is derived through the 4 day ongoing assessment and reflects the entire course duration, incorporating all opportunities to develop and showcase these outcomes in an expert skiing and teaching context. For this reason, your engagement and participation throughout the program is important.



- Evaluation is provided based on “exceeds expectations”, “meets expectations” and “requires development” in relation to the learning outcomes. The evaluation is based on demonstration of the learning outcomes "most of the time" during the ongoing assessment context described above.
- Skiing skills evaluation is built with versatility, adaptability and creativity in mind.
- These results are provided at the conclusion of the Completion Camp before departure from the ski area at which the program takes place.
- Opportunities for 1-2-1 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 4 Certification.
- All participants receive a written development plan following each of the camps.

### **Course Structure:**

The Level 4 has multiple components aimed at practicing industry professionals to further develop, hone and expand their skills alongside like-minded peers and professionals. Multiple training opportunities to develop skiing and teaching skills are available to support participants in the way that helps each individual based on their unique skill set and development needs. The program culminates in a Completion Camp during which the learning outcomes are assessed through a coached assessment of practical application. The program provides unlimited opportunities for participation in training Camps. Trainers will provide development plans and input during and after each engagement to help you focus and determine next steps.

The Level 4 Program includes four main components, as well as an e-learning module:

- Online e-learning (approximately 2 hours)
- On-snow — Start-up camp (4 days)
- On-snow — Top-up camp — teaching development (3 days, optional)
- On-snow — Top-up camp — skiing development (3 days, optional)
- On-snow — Completion camp (4 days)

### Online e-learning component

- Online, self guided e-learning modules will precede the on-snow portions and will be sent to you following registration. For Level 4, these online e-learning modules include:
  - The Science of Skiing:
    - (1) Physics of Skiing (20 min)
    - (2) Biomechanics of Skiing (20 min)



- The Science of Learning:  
(3) Expertise, Expert Performance and Expert Teaching (20 min)

#### Level 4 Start-up Camp

- The Level 4 Start-Up Camp is a four day, on-snow training, approximately 4.5 - 5 hours per day.
- The Start-up camp is the mandatory entry point into the Level 4 Program and the first major developmental milestone in the Level 4 process. This camp is open to all Level 3 PSIC members (and equivalents) and is designed to provide expert level training and collaborative, forward looking development plans to all candidates.
- Written recommendations from, and consultation with, Trainers will include required developments of your skill set in relation to the targeted performance levels of the Level 4 Certification. Skiing and Teaching Top Up camps are the PSIC programs that will offer additional focus and training in these aspects when required. See below for further details on Top Up Camps.
- Participation, collaboration and teamwork are important throughout this course.

#### Level 4 Skiing Top Up Camp

- The Level 4 Skiing Top Up Camp is a three day, on-snow training, approximately 4.5 - 5 hours per day.
- Top Up Camps are an option for trainees within the Level 4 process who require further development prior to attending a Completion Camp.
- The three days are intensely focused on development of your skiing skills as well as your understanding of how to self-assess and develop skiing skills up to and including expert groomed, off-piste terrain and bumps. Note that the physical demands of this program are greater than that of the Level 3 based on the terrain, speeds and performance level associated.
- The Camps are designed to “meet you where you are” in terms of your development areas of focus, capitalize on the three days of training and then continue to move ahead with specific and deliberate practice methods and planning. Members may participate in multiple Skiing Top Up Camps as part of their journey to ensure preparedness for the final step of the Completion Camp.
- Participation, collaboration and teamwork are important throughout this course.

#### Level 4 Teaching Top Up Camp

- The Level 4 Teaching Top Up Camp is a three day, on-snow training, approximately 4.5 - 5 hours per day.



- Top Up Camps are an option for trainees within the Level 4 process who require further development prior to attending a Completion Camp.
- The three days are focused on development of overall teaching effectiveness, developing versatility, adaptability, and creativity at expert levels in all situations. Note that the physical demands of this program are greater than that of the Level 3 based on the terrain, speeds and performance level associated.
- The Camps are designed to “meet you where you are” in terms of your development areas of focus, capitalize on the three days of training and then continue to move ahead with specific and deliberate practice methods and planning. Members may participate in multiple Teaching Top Up Camps as part of their journey to ensure preparedness for the final step of the Completion Camp.
- Participation, collaboration and teamwork are important.

#### Level 4 Completion Camp

- The Level 4 Completion Camp is a four day on-snow, approximately 4.5 - 5 hours per day.
- The Completion Camp is the exit point of the Level 4 Process. Participants who meet the learning outcomes of the Level 4 during this Camp will pass the Level 4 Certification.
- The Completion Camp is a coached, on-going assessment process determining a final evaluation of skiing and teaching skills in relation to the learning outcomes of the Level 4.
- The camp will expose you to numerous peer teaching opportunities and situations through which your understanding and ability to deliver expert training will be refined and assessed in relation to the learning outcomes of the Level 4.
- Skiing skills are assessed throughout the camp with skiing in expert conditions and situations as well as during peer teaching sessions.
- For safety and productivity, it is recommended that participants in the Completion Camp arrive confident in the terrain described in the learning outcomes of the Level 4. While the Completion Camp remains a learning environment and not simply a final teaching and skiing exam, a level of comfort in the relevant terrain situations will be the right start for increased probability of success in achieving the final goal of the Level 4. Recommendations from Trainers will be provided during the Top Up Camps that will help set goals for getting to the Completion Camp prepared.
- Evaluation is provided following an ongoing assessment throughout the course. There is no single, summative, final exam (i.e. ski off runs). This is to ensure depth and breadth of understanding of every participant’s skill set in the variety of terrain that the Level 4 demands.
- Participation, collaboration and teamwork are important throughout this course.



### **Course Prerequisites:**

- Practical snow school teaching experience with advanced skiers is strongly recommended for participants considering the Level 4 Professional Instructor Certification Program.
- PSIC Level 3 or recognized equivalency is required (refer to cross over document if you are a member of another organization already).
- LPT Certification is required in order to attend the Completion Camp. LPT Certification is not required to begin or participate in Start Up or Top Up Camps.
- You **MUST** be minimum 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 are required in order to participate in the evaluation portion.

### **Preparation and Readiness:**

The demands of the Level 4 program are high and the goal of the PSIC is to provide the best support possible to help PSIC members taking on this challenge achieve the milestones and outcomes that mark the knowledge and skill set that describe the Level 4 Professional Ski Instructor.

We recognize the considerable commitment it takes to pursue a challenge such as this. Time, money, effort, and making it all fit into your already busy season and life are just a few important factors. As part of our effort to support members considering the program, please see the below considerations which may help decision making, goal setting and contribute to the probability of success in a reasonable timeline.

#### Teaching Experience

- There is no question that real world teaching experience is the best way to gain the knowledge and toolset to effectively teach skiing at this level. If you aren't teaching regularly, we recommend involvement at a snow school near you. While the training is designed to facilitate your development through real time, clear and specific feedback during the Camps, it is the deliberate practice that you can put in outside of the Camps that will help you hone your craft and achieve the Level 4 sooner.



### Skiing Experience

- Skiing in challenging off-piste conditions is an integral aspect of the Level 4 and safety is a top priority. Arriving with experience and a relative level of comfort in steep black terrain and bumps should be considered a good starting point which will help you make the most of the Level 4 training process.

### Physical Readiness

- Physical demands of the program are high. To make the most of the program, be sure to consider physical conditioning as part of the journey in order to remain injury free and to be able to make the most of the entire training process and multi day Camps.
- Ensuring that you enter the Camps free of injury is important to your safety and a sustainable ski career.

### Completion Planning

- Throughout the process, you will receive direct verbal and written feedback to help you capitalize on your strengths and deliberately practice in the areas that require development.
- Feedback will include recommendations based on readiness for the Completion stage of the program. Your Trainers are committed to providing transparent and sound advice to ensure that you get the most value from your next steps whether the best fit is additional skiing or teaching training or to proceed to the final step of your process.

### General:

- Breaks will happen throughout the day (vary depending on 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!