

CANSI X-Country Level I Preparation Self-Assessment

Thank you for your interest in a Level 1 Instructors' course with the Canadian Association of Nordic Ski Instructors (CANSI). CANSI encourages candidates to take a Level 1 preparation course prior to the actual instructors' course. The preparation course will help ensure that candidates are skiing at, or close to, the Level 1 standard. It will also give candidates experience with the CANSI teaching methodology and key points for each of the tested techniques. CANSI recognizes that not every candidate can attend a preparation course. Hence this on-line self-assessment is provided to help you determine if you should take the course and to help you prepare for the course. This self-assessment has two components: a self-evaluation of your skiing skills and a questionnaire on your pedagogical knowledge.

Skiing Skills:

Note that the CANSI Level 1 course is a pedagogical course. In other words, it is a course designed to teach participants how to teach. The CANSI Level 1 course is not a skills improvement course and participants are expected to enter the course skiing at or close to the appropriate level. Participants are tested on their diagonal stride, double poling, one skate and snowplow turn, and will be expected to perform other skiing manoeuvres reasonably well.

Watch the video at <http://vimeo.com/37277766> to determine if your skiing is at the level necessary for a Level 1 course. This video shows recommended ski skills necessary to enter a Level 1 course. Compare it to your own skiing. It can be helpful to have someone do video of your skiing to assist in comparison. Note the evaluation criteria shown on the video.

Pedagogical Knowledge

In addition to positively managing a class group and providing effective learning progressions, when teaching people how to cross-country ski it is important to understand the key points for each of the different techniques. The instructor must be able to assess whether people are skiing correctly and if not, must be able to help them achieve the necessary skills to perform the technique. The following questionnaire may help you assess your level of understanding of these techniques and their key points. After watching the video please answer the following questions.

Diagonal Stride:

1. Diagonal stride requires complete weight transfer. This can be easily determined by watching foot placement of a skier. Where should the recovery foot contact the snow after the kick?

2. When watching diagonal stride from the side, where should the hip be in relation to the ankle, when the kick and glide leg are beside one another?
3. Describe the motion of the arms in relation to the legs.
4. Describe the angle of the elbow at pole plant.

Double Pole:

1. Which muscle groups provide the majority of the power in double poling?
2. As an instructor, what visible evidence shows that a skier is using the muscle groups described in question #1?
3. Describe the angle of the elbow at pole plant.

One Skate:

1. One skate requires complete weight transfer. This can be easily determined by watching foot placement of a skier. Where should the recovery foot contact the snow after the skating motion?
2. One skate requires a double pole action with each skating motion. Which of the following descriptions is most accurate?
 - a. Poling commences at the same time as the leg push;
 - b. Poling precedes the leg push;
 - c. Poling occurs after the leg push is completed;
3. Which muscles initiate poling during one skate?

Wedge Turn:

1. What is meant by the fall line of a slope?
2. When doing a wedge turn, where is the skier's weight as they cross the fall line of the slope?
3. Where is the wedge wider and where does the wedge narrow, during a wedge turn?

Are you ready for a Level 1 course?

If your skiing is not at the minimum standard shown in the video or if you cannot answer all the questions in this self-assessment it is recommended that you either enroll in an instructor preparation course, or take further classes from a certified CANSI instructor.