

- **SKIING**

The candidate is assessed in the selection and application of acquired and developed skills whilst planning and taking part in a physically and technically demanding one day course in the mountains at a recognised ski resort. The type of terrain must allow candidates to fulfil the assessment phases.

The following regulations apply;

- the appropriate safety measures must be applied;
- The candidates maintains a detailed log book which covers both the planning and preparation for the course as well as the course itself. The log **must** be available at moderation.

The log should contain:

- details of personal equipment for the course and the reasons for taking it;
- details of group equipment and the reasons for taking it;
- discussion of the safety principles to be applied;
- identification of the code of ethics to be followed;
- detailed route planning together with relevant safety measures;
- route card;
- details of nutritional planning;
- evaluative comments in relation to the expedition.

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the phases identified below:

- demonstration of appropriate techniques whilst performing a range of parallel arcs/turns which suit the challenges of the slopes;
- safe preparation of equipment - binding checks, and general maintenance of skis;
- application of safety principles, conservation practices and respect for others.

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

The course should include at least four hours skiing. Suitable venues in Britain can be found at:

Aviemore	Glencoe	Glenmore
Fort William	Glenshee	

Other suitable venues may be found abroad.

The candidate will maintain a detailed log which covers both the planning of the course and the course itself. The log must be available at moderation.

Outdoor and Adventurous Activities: Skiing**Unit 2564**

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces appropriate strategies and demonstrates an understanding of survival and safety techniques. Performances in the conditioned competitive situations are excellent and progress has allowed them to achieve their performance-based targets.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques on the course. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of survival and safety techniques. Performances in the conditioned competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances on the course. There is a sound level of success in the selection and application of advanced techniques in the course and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the conditioned competitive situations are good and improvement reflects satisfactory learning and understanding.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performance on the course. There is an attempt to select and apply advanced techniques in the course and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the conditioned competitive situations become more consistent and progress has allowed some learning and understanding.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.