

Special Olympics Michigan Cross-Country Ski Skills Assessment

The Sports Skills Assessment is designed to determine the athlete's present level of functioning within a specific skill or sport and to determine the athlete's progress through training.

In administering the test, observe each athlete as he/she performs each test item. Score the athlete accordingly by checking the box located to the left of the task performed.

If there is any question as to the athlete's competence in a particular skill, require the athlete to perform the test 5 times and use the best 3.

After scoring each athlete, add up the total number of boxes and indicate the athlete's present level of ability (i.e., beginner, rookie, champ). If the athlete is performing at a higher level than measured in the skills assessment, Level I, re-evaluate the athlete utilizing skills assessment – Level II. If athlete scores higher than 48, place in Level III.

CROSS-COUNTRY SKIING SKILLS ASSESSMENT – Novice (Level I)

Pre Post
Score

Test Item #1 **Recovery Skills**

- Stands up with instructor's assistance
- Stands up independently, but lacks control
- Stand up independently under control
- Stands up and assumes ski READY position (Perpendicular to the fall line, if on a slope)
- Demonstrates controlled falling

Test Item #2 **Walking**

- Assumes READY position under control
- Walks forward with instructor's assistance
- Walks forward independently
- Performs a shuffle slide

Test Item #3 **Turns**

- Makes attempt to change direction on skies
- Executes an outward star turn with assistance
- Executes an outward star turn to both left and right independently
- Executes an inward star turn with assistance
- Executes an inward star turn to both left and right independently
- Performs a shuffle slide

Pre Post
Score

Test Item #4 **Climbing**

- Side steps on flat terrain
- Side steps up a hill
- Side steps up a hill without skies sliding sideways
- Herringbones up a hill with assistance
- Herringbones up a hill independently

Test Item #5 **Skiing Participation**

- Understands objectives of ski lesson
- Understands use of ski equipment
- Understands and demonstrates safety and courtesy to others while skiing
- Can identify slope or trail appropriate to their ability

PRE
SCORE

Check the appropriate skill achieved:

- 0-10 BEGINNER
- 11-20 ROOKIE
- 21-24 CHAMP

POST
SCORE

Check the appropriate skill achieved:

- 0-10 BEGINNER
- 11-20 ROOKIE
- 21-24 CHAMP

If score is above 24 move to
Level II Assessment

CROSS-COUNTRY SKIING SKILLS ASSESSMENT – Intermediate (Level II)

Pre Post
Score

Test Item #1 Downhill Run

- Makes an attempt to ski downhill
- Skies down a straight run out under control
- Performs a straight wedge
- Performs a wedge stop

Test Item #2 Turns

- Performs a wedge turn with instructor's assistance
- Performs a wedge turn independently
- Performs a wedge turn to a stop
- Performs a skate turn
- Performs a skate turn to a stop

Test Item #3 Striding

- Performs a diagonal stride
- Performs a diagonal stride with poles
- Skies up an incline using a diagonal stride
- Performs a diagonal stride with kick and glide
- Performs a double poling stride

Pre Post
Score

Test Item #4 Racing

- Can identify start and finish of a race course
- Participates in 100m cross-country ski race
- Participates in 1km cross-country ski race
- Participates in 3km cross-country ski race
- Knows how to pass and be passed during a race

Test Item #5 Skiing Participation

- Understands universal trail signs and can choose trail appropriate to individual ability
- Can ski with a group and doesn't need individual attention
- Can ski "easiest" trails safely
- Can ski "more difficult" trails safely
- Can ski "expert" trails safely

**PRE
SCORE**

- Check the appropriate skill achieved:
- 25-38 STAR
 - 39-43 SUPER CHAMP
 - 44-48 SUPERSTAR

**POST
SCORE**

- Check the appropriate skill achieved:
- 25-39 STAR
 - 39-43 SUPER CHAMP
 - 44-48 SUPERSTAR
- If score is above 48, athlete is an advanced skier

**HRS.
APPROX
TRAINING
TIME**

