

Special Olympics Michigan Snowshoe - Skills Assessment

The 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 task 3 out of 5 times.

After scoring each athlete, add up the total number of boxes and indicate the athlete's present level of ability (i.e., beginner, rookie, winner). 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.

SNOWSHOE SKILLS ASSESSMENT – Novice (Level I)

Scoring Level – Indicated the athlete’s level of achievement

0-12 Beginners
13-19 Rookie
20-23 Winner

Test Item #1 Basic Skills

- Stands up with instructor’s assistance
- Stands up independently, but lacks control
- Stand up independently under control
- Stands up and assumes READY position
- Demonstrates controlled falling
- Puts snowshoes on
- Removes snowshoes
- Avoids snowshoe overlap

Test Item #2 Walking

- Assumes READY position under control
- Walks forward with instructor’s assistance
- Walks forward independently
- Walks fast forward under control

Test Item #3 Turns

- Makes attempt to change direction on snowshoes
- Executes a turn with assistance
- Executes a turn to both left and right independently
- Performs a turn while walking with verbal assistance
- Performs a turn while walking independently
- Can complete 30 Meter
- Can complete 50 Meter

Test Item #4 Participation

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

TOTAL SCORE _____

SNOWSHOE SKILLS ASSESSMENT – Intermediate (Level II)

Scoring Level – Indicated the athlete's level of achievement

- 24-32 Star
- 33-41 Super Champs
- 42-46 Superstar

Test Item #1 **Recovery Skills**

- Stands up independently and continues with direction after falling
- Stand up and continues independently after falling
- Can recover balance after a near fall and come to a stop
- Can recover balance after a near fall and continue without stopping
- Can stand up after falling and continue in a race course without losing continuity of the course

Test Item #2 **Walking/Running**

- Makes an attempt to run forward with verbal assistance
- Runs forward but lacks control
- Runs forward under control
- Can vary walking and running independently

Test Item #3 **Turns**

- Performs a turn while running, with verbal assistance
- Performs a turn while running independently
- Performs a turn to the right and left through a slalom course with physical assistance
- Performs a turn to the right and left through a slalom course with verbal assistance
- Performs a turn to the right and left through a slalom course independently

Test Item #4 **Racing**

- Can identify start and finish of a racecourse
- Participate in 100-meter race
- Participates in 75 meter
- Knows how to pass and be passed during a race

Test Item #5 **Participation**

- Understands trails and can choose trail appropriate to individual ability
- Can snowshoe with a group and does not need individual attention
- Can snowshoe on flat packed snow terrain
- Can snowshoe on chopped hard terrain
- Can snowshoe in deep snow (8" or deeper)

_____ **TOTAL SCORE**

When an athlete completes all the skills, they are ready to move to the Advanced Level

