

Intermountain Snowboard Adaptive Level 1 Take Home Exam

Name:

Date:

Candidate must achieve 80% or better to pass.

General Knowledge (30)

Match the following words with their definition. Each definition is used only once.

- | | |
|----------------------------------|---|
| 1. __Visual | A. Teaching style in which the instructor directs the students to a specific answer through a series of questions or experiences |
| 2. __Open question | B. A teaching style in which the instructor outlines the parameters of an assigned activity. Students are free to execute and practice the activity within the given boundaries |
| 3. __Teaching for transfer | C. Piaget's stage of development from birth to age 2 |
| 4. __Demonstration | D. A formula that combines what you want the student to learn with a fun situation you and your students create to encourage learning and the appropriate terrain for success |
| 5. __Active experimenter | E. Person who is self-smart |
| 6. __Task | F. A system for identifying comprehensive categories of human capabilities |
| 7. __PDAS | G. A sensory preference in which the student learns best by seeing or watching |
| 8. __Introverted | H. Perceives details first, then the whole; asks "how?" |
| 9. __Multiple intelligence | I. Activities used to isolate and develop skills |
| 10. __Lateral learning | J. Drawing upon a student's previous learning to help with present learning |
| 11. __Physiological | K. Used to initiate a discussion or gain information about a student's insights and opinions |
| 12. __Cognitive domain | L. Related to thinking, analyzing and speaking |
| 13. __Sensorimotor | M. Performing a task or exercise as an example for students |
| 14. __Intrapersonal intelligence | N. The most pressing needs, as postulated by Abraham Maslow |
| 15. __Guided discovery | O. According to Jung's functioning types, this type of person is into his/her inner world |

Fill in the blanks.

16. Cite the seven points of Your Responsibility Code.

17. List the elements of the Teaching Cycle.

18. List the four board performances.

19. What do the letters VAK stand for when discussing learning preference?

Mark the answer(s) that best completes the statement or question.

20. When it comes to Pharmacology it is most practical to:

- A. Have complete understanding of all medications, their uses, and side effects.
- B. Try them all so you can understand what the side effects feel like.
- C. Interview the students regarding their disability and the medications they are taking.
- D. Don't worry about medications they have no effect on snowsports instruction.

21. When instructing individuals with disabilities your goal should be:

- A. Insist on perfection out of your student prior to advancing skills.
- B. Follow the parent's or guardian's goals and instructions.
- C. Focus on your personal riding skills.
- D. Focus on the goals and needs of your student.

22. Lessons for individuals with disabilities should always be:
- A. 1 instructor to 1 student.
 - B. 2 instructors to 1 student.
 - C. The least restrictive environment.
 - D. Held on beginner and intermediate terrain only.
23. Which of the following is NOT a characteristic of kinesthetic learners?
- A. They have a heightened awareness of their bodies and how things “feel.”
 - B. Directions make sense if given step-by-step.
 - C. They learn best by doing.
 - D. They may need to experience the sensation associated with a type of movement to understand the concept.
24. If there are students in your class who are shivering, you should:
- A. have them drink an alcoholic beverage to warm up.
 - B. sit down where you are on the hill and take a break.
 - C. have them do some exercise to generate muscle heat.
 - D. don't worry if you, as the instructor don't feel cold.
25. What is the difference between Special Olympics and Paralympics?
- A. Special Olympics is for athletes with physical disabilities and Paralympics is for athletes with cognitive disabilities.
 - B. Special Olympics is for athletes over 50 and Paralympics is for athletes 49 and below.
 - C. Special Olympics is for athletes with cognitive disabilities and Paralympics is for athletes with physical disabilities.
 - D. Special Olympics occurs every 4 years and Paralympics occurs every year.
26. What are the standard phases of a turn?
- A. Initiation, shaping, finishing
 - B. Front, middle, back
 - C. Primary, secondary, final
 - D. Preceding, shaping, following
 - E. Foregoing, seminal, following
27. Flexing/extending and rotation are:
- A. rotary movements.
 - B. Fundamental movements.
 - C. balancing movements.
 - D. edge control movements.
 - E. steering movements.
28. Person First Language is:
- A. Choosing language that puts the person before the disability.
 - B. Choosing language that is non-gender specific.
 - C. Remembering to use the student's first name when addressing them.
 - D. Remembering to make your student feel confident and comfortable on a lesson.

Circle True or False.

29. The Paralympics follows the Olympics every four years at the same

location. T or F

30. The name Paralympics derives from athletes with paraplegia competing in Olympic games.

T or F

VISUALLY IMPAIRED/COGNITIVE (30)

Match the following words with their definition. Each definition is used only once.

- | | |
|-------------------------------|---|
| 1. __Nystagmus | A. Chromosomal abnormality exhibiting mental retardation in combination with other birth defects |
| 2. __CNS Stimulants | B. Behavioral changes in a person's response to events or stimuli that occur. |
| 3. __Tip Clamp | C. Inability to understand or utilize words and their meanings |
| 4. __Glaucoma | D. The use of some system of reward or punishment to change undesirable behavior |
| 5. __Operant Conditioning | E. Condition that interrupts or delays normal growth or development, having onset before age 18, and of indefinite duration |
| 6. __Clock System | F. Increased intraocular (inside-the-eye) pressure, which may result in impaired vision or blindness |
| 7. __Mental Retardation | G. Helping a student generate movement, or control speed or turning by physically maneuvering the rider's equipment or guiding the rider's body |
| 8. __Developmental Disability | H. Spectrum of neurological disorders defined by symptoms that include problems with communication and behavior |
| 9. __Physical Assists | I. Medications used for behavioral control |
| 10. __Aphasia | J. Below-average intellectual ability present from birth or early infancy and associated with difficulties in learning and social adaptation |
| 11. __Antidepressants | K. Brain damage affecting the ability to process information and/or to coordinate and control the body or its movement. Such damage arises after age 18 |
| 12. __Behavior Modification | L. Medications used to treat depression |
| 13. __Down Syndrome | M. Relating position on the hill to numbers on a clock face |
| 14. __Cognitive Disability | N. Rapid, involuntary oscillation of the eyeballs |
| | O. Two C-clamps or a specialized clamp which function as two attachment points for tethers |

Mark the answer(s) that best completes the statement or question.

16. Match the following verbal commands with their meaning:
- | | |
|---------------|--|
| A. __ Heels | 1. Continue in the direction one is going |
| B. __ Stop | 2. Ride the edge under your heels |
| C. __ Sit | 3. Emergency stop |
| D. __ Hold | 4. Ride the edge under your toes |
| E. __ Toes | 5. Stop skiing |
| F. __ Neutral | 6. Release the edge under the front foot and let the board enter the fall line |

17. Match the type of sight with its definition:

- | | |
|--------------------------|---|
| A. ___ Peripheral vision | 1. Distant objects are blurred |
| B. ___ Myopia | 2. Half of the visual field is blurred |
| C. ___ Far sightedness | 3. Near objects are blurred |
| D. ___ Hemipopia | 4. The front of the visual field is blocked |

18. Left/Right side neglect occurs in individuals that have had a cerebral vascular accident (CVA) that manifests itself by:

- A. Hemiplegia.
- B. Muscle tone loss in one side of the body.
- C. The brain does not visually or cognitively recognize one side of the body.
- D. One side of the body requires more AXE body deodorant spray.

19. The past 6 lessons you have guided your student with a visual impairment from the front, on bright sunny days, and your student easily followed you without any verbal commands. During your 7th lesson the weather is overcast and it begins to snow. You notice your very comfortable level 6 student is sideslipping constantly and having difficulty. You should:

- A. Stop the lesson and go in for Apres Ski.
- B. Use *the dance* or a hula hoop the rest of the lesson.
- C. Ride behind the student and yell left, right, hold, stop etc. loudly.
- D. Stop in a safe place, discuss an auditory cue strategy, and continue guiding from the front.

20. Which of the following is not a recognized command system for guiding students with visual impairments?

- A. Clock System
- B. Grid System
- C. Auditory Cues
- D. One Point Elbow Hold
- E. Verbal Commands

21. When instructing an individual with an intellectual disability, it is best to:

- A. use auditory instruction.
- B. use visual instruction.
- C. use kinesthetic instruction.
- D. B & C
- E. assess and identify the students ability to learn from V.A.K. cues.

22. When an individual is born with a disability it is considered to be:

- A. Cognitive
- B. Congenital
- C. Degenerative
- D. Remission

23. A common characteristic of a person with a cognitive disability is:

- A. Impulsivity.
- B. Short attention span.
- C. Difficulty manipulating images mentally.
- D. A, B, & C

24. Which is not a behavior modification technique?

- A. Modeling
- B. Time-Out
- C. Deep Breathing
- D. Props
- E. Behavior Contracts

25. What disability is cervical instability a concern?

- A. Autism
- B. Williams Syndrome
- C. Detached Retina
- D. Downs Syndrome

26. Match the IPC, VI Classification with the functional ability level:

- | | |
|-------------|---|
| A. _____ B1 | 1. Visual acuity of 2/60 or visual field of less than 5 degrees |
| B. _____ B2 | 2. Visual acuity above 2/60 or more than 5 degrees but less than 20 |
| C. _____ B3 | 3. Totally blind with vision up to light perception/hand movement |

27. Removing a student from an over stimulating situation, like an overcrowded, noisy lift line, to a quiet place is a:

- A. Behavior Modification Technique
- B. Punishment
- C. Disciplinary Action
- D. Consequence

28. Which is **not** a key point you would consider in a VI assessment?

- A. How they have been guided in the past
- B. What equipment they have used in the past
- C. The extent of their visual impairment
- D. What they are wearing today

Fill in the Blank.

29. Name the four degrees of severity of mental retardation.

30. List Piaget's 4 levels of cognitive development.

MONO/BI SKI (30)

Match the following words with their definition. Each definition is used only once.

1. __Stepping Stones
 2. __Turn Radius
 3. __Corresponding edges
 4. __Unweighting
 5. __Platform
 6. __Sidecut
 7. __Edge Angle
 8. __Carving
 9. __Steering
 10. __Leverage
 11. __Gravity Zone
 12. __Center of Mass
 13. __Stance
 14. __Banking
 15. __Fore/Aft Movements
- A. The amount a ski is tilted relative to the surface of the snow and hill.
 - B. Taking varying amounts of weight off the skis to manipulate and control pressure.
 - C. Possible progressions which are designed with the understanding that there are multiple ways to teach effective skiing.
 - D. The size of the turn.
 - E. Inclination of the entire body without angulation.
 - F. Also called fall line.
 - G. The way a skier aligns his or her skeletal structure on the skis.
 - H. Created by setting the edges deeply into the snow-this allows the skier to make movements such as stepping, stemming, or rebounding.
 - I. The muscular effort used to direct the path of the skis.
 - J. The amount of "hourglass" shape or waist a ski has.
 - K. When the tails of the skis follow the tips through the turn to leave clean arcs in the snow.
 - L. Application of pressure in front of or behind the midpoint of the skis.
 - M. The left edge of one ski/outrigger and the left edge on the other.
 - N. Change the position of your center of mass forward and backward relative to your feet.
 - O. Represents the point around which all of a body's mass is equally distributed.

Multiple Choice: Circle the answer that best completes the statement

16. A high blood pressure crisis occurring in persons with spinal injury above T6, that produces sweating, goose bumps, flushed feeling, headache and increased spasticity is:
- A. Detoxification
 - B. Dyskinisia.
 - C. Autonomic Dysreflexia.
 - D. Keratosis Pilaris

17. When strapping a skier into a bi ski, how high should a skier be strapped?
- A. Every strap/bucket should always be fastened tightly.
 - B. High enough to offer necessary support and still enable the skier to use all functioning muscle groups.
 - C. Only the strap around the legs and waist should be tightened.
 - D. Use duct tape instead of the straps.
18. A kidney belt/elastic retention may be used for:
- A. kidney stabilization.
 - B. maintaining body temperature
 - C. increasing upper body stabilization while offering flexibility in functioning areas.
 - D. protecting the spleen.
19. The purpose of a dowel test is:
- A. to determine canting needs.
 - B. to determine lateral balance.
 - C. to determine fore/aft balance.
 - D. to determine if the ski is too rigid.
20. When a bi-skier is overturning or skidding:
- A. encourage moving the head, shoulders, outriggers, and as much of the torso as can be controlled in the direction of the new turn before the skidding starts.
 - B. double check that the student is balanced over the middle of the skis.
 - C. a re-dowel of the bi-ski may be necessary as skills improve.
 - D. A, B, and C
 - E. switch the student to a mono ski.
21. During the dowel test, the student is in the apparatus and the balance point is found when the student can:
- A. lean forward and touch the front of the ski to the ground.
 - B. pressure the tip of the ski with a slight head tip forward and pressure the tail with a slight tip backward.
 - C. remain centered on the dowel while leaning from side to side and touching the outriggers to the ground.
 - D. lean backward and touch the tail of the ski to the ground while using the outriggers for balance.
22. Bi skiers with fixed outriggers should be tethered:
- A. in slushy spring weather to prevent cartwheels.
 - B. only on intermediate terrain.
 - C. always, with no exceptions.
 - D. during icy conditions.

23. Match the nerve trunks with their associated muscle function.

- | | |
|------------------|---|
| A. _____ C5-C6 | 1. Exhalation and Trunk Flexion |
| B. _____ C8-T1 | 2. Hip Adduction |
| C. _____ T6 –T12 | 3. Shoulder Flexion/Abduction, Elbow Flexion |
| D. _____ L1- L3 | 4. Finger Flexion, Thumb Opposition, spread/close fingers |

24. In most written documentation T6 and below was the stated rule of thumb for Mono Ski Selection. Now with the Kart Ski, Dual Ski, and newly designed Mono ski for higher injuries. When making your selection you should.

- A. select based on students physical abilities.
- B. select based on students attitude.
- C. select based on students commitment to scheduling time for skiing
- D. Students goal
- E. All of the above.

25. Foot tray position allows for flexion and extension of the knee joint. When flexing the knee to 90 degrees bend or greater this causes:

- A. a broadening of the skiers center of mass, reducing the moment of inertia.
- B. a compression of the skiers center of mass, reducing the moment of inertia.
- C. no difference in the effect on the ski.
- D. too much pressure on the Ilium.

26. When utilizing hand held outriggers, if the claw engages the snow creating a bouncing and skipping motion the instructor may want to adjust the outrigger by:

- A. increasing the length of the brake bolt.
- B. removing the claw.
- C. decreasing the length of the brake bolt.
- D. decreasing the shock pressure.

27. When doing garlands with a Mono-Skier, they do not include which phase of the turn?

- A. Initiation
- B. Shaping
- C. Finishing
- D. Whirly Bird

28. When using hand held outriggers, individuals with complete cervical injuries will often enhance their grip with the use of:

- A. Quad/Tetra Gloves
- B. Duct Tap
- C. Velcro
- D. All of the Above

29. Match the IPC Classification with seated skier function.

1. LW 10 (1/2) A. Paraplegia or Double
AK

2. LW 11 B. High level SCI

3. LW 12 (1/2) C. Thoracic SCI

Fill in the Blank.

30. List the number of vertebrae in each region listed below.

Cervical

Thoracic

Lumbar

Sacral

STAND-UP (30)

Match the following words with their definition. Each definition is used only once.

1. ___ Poor pressure control
 2. ___ Multiple Sclerosis
 3. ___ Cerebral Palsy
 4. ___ Epilepsy
 5. ___ Arthrogyposis
 6. ___ Anti-Coagulant
 7. ___ TBI/CVA
 8. ___ Friedreich's Ataxia
 9. ___ Outriggers
 10. ___ Hemipelvectomy
 11. ___ 2014
 12. ___ Antiemetic
 13. ___ Ankylosing Spondylitis
 14. ___ Riderbar
 15. ___ Tip Clamp
- A. Disorder resulting from anoxia to the brain before, during, or shortly after birth.
 - B. Medications prescribed for blood clot prevention.
 - C. Hereditary disease appearing in childhood, involving steady, progressive degeneration of spinal column and cerebrum.
 - D. Conditions that may affect judgment.
 - E. Amputation in which half of the pelvis and the associated leg are gone.
 - F. Chronic inflammation of the spine. Bones will often fuse.
 - G. Progressive disease that causes the myelin sheath around nerve cells to become scarred or to disappear, so that the nerves no longer transmit the necessary signals.
 - H. Medications that control nausea and vomiting.
 - I. Tubular frame attached under snowboard bindings that allows student and instructor to enhance board performances.
 - J. The year of the first inclusion of stand-up boarder-cross in the Paralympics
 - K. Forearm crutches with a regular or lightweight ski tip mounted at the base.
 - L. Condition of having immovable joints.
 - M. Disorder characterized by disturbed electrical rhythm of the nervous system and typically manifested by lapses of consciousness and/or seizures.
 - N. Clamp type device which screws to the tip of the board for the attachment of tethers.
 - O. Occurs when the rider bends forward at the waist and relies excessively on the outriggers.

Circle the answer that best completes the statement or question.

16. Which of the following is *not* a Beginner/Novice Zone progression?

- A. Demonstrate how the equipment works
- B. Ride the chairlift
- C. Turn to a stop
- D. Hockey stops

17. The Rider Bar can be used for:

- A. a rider with impaired balance.
- B. a rider who has had a CVA.
- C. a rider with CP.
- D. a rider with an above the knee amputation.
- E. All of the Above

18. A wrist restraint should be used with the rider bar. T or F

19. Match the type of amputation with its definition:

- | | |
|----------------------------|---|
| A. ___ Hip disarticulation | 1. Amputation including half of the pelvic bone |
| B. ___ AK | 2. Above the knee amputation |
| C. ___ Hemipelvectomy | 3. Below the knee amputation |
| D. ___ BK | 4. Removing the femur ball from the hip socket |

20. Match the IPC classification with the functional ability level.

- | | |
|--------------------|---|
| A. ___ LW1 | 1. Skiers with both hands/arms unable to use poles |
| B. ___ LW2 | 2. Above the knee amputation using outriggers and one ski |
| C. ___ LW3 | 3. Skiers with one hand/arm amputated using one pole |
| D. ___ LW4 | 4. Disability of one arm and one leg (amp, CP, hemiplegic) |
| E. ___ LW5/7 (1-3) | 5. Skiers with below the knee amputation w/ prosthesis (2 skis 2 poles) |
| F. ___ LW6/8 (1-2) | 6. Double AK amputee or similar |
| G. ___ LW9 (1-2) | 7. Double BK amputee or CP5, CP6 |

21. As a rider progresses:

- A. outriggers get longer.
- B. outriggers get shorter.
- C. outriggers get more brake.
- D. outriggers get less brake.
- E. A and D
- F. B and D

22. **Cants** and wedges are used to:

- A. help the foot evenly pressure the snowboard.
- B. aid fore/aft balance.
- C. make a boot fit.
- D. A & B

23. A common condition for an individual with Spina Bifida is:

- A. a shunt
- B. a latex allergy
- C. frequent urinary tract infections
- D. all of the above

24. When loading the chair lift, the outrigger tips should always be in what position?

- A. Crossed
- B. Crutch Position or Up
- C. Ski Position or Down
- D. Above the head

25. The goal of adaptive snowboard is to utilize adaptive equipment when necessary so that the student is confident and in a comfortable balanced position. The following elements should be incorporated to achieve this goal:

- A. Ideal reference Alignments
- B. Physical Abilities
- C. Affective concerns
- D. All of the above **I believe the original answer to 25 was E This should be the only difference in the Key. NW**
- E. A & B only

26. How much time should elapse post-amputation before the individual can ride?

- A. 3 months
- B. 6-12 months
- C. 2 years
- D. Whenever the skier is ready

27. Anti cancer drugs may cause:

- A. nausea
- B. diarrhea
- C. weakness
- D. sensitivity to the sun
- E. all of the above

28. What body mechanics are first used to develop rotary skills?

- A. Banking/inclination
- B. Leg steering
- C. Sliding outrigger touch
- D. Upper body rotation
- E. Counter rotation

Short Answer (2 points)

1. Describe safe loading practices for a student using a Sno-wing?

2. What are several conditions that would make a student a likely candidate for a Rider-bar?

TOTAL CORRECT OUT OF 120:

GRADE:

% PASS OR FAIL

NAME OF GRADER: