

2014 Telemark Level 1 Workbook
PSIA-Intermountain

(to be completed before registering)



General Knowledge Section

1. What does PSIA stand for?
2. List components of the Teaching Model.
3. What are the Primary Teaching Styles? Please give a brief description
4. List the Snowsports Safety code.
5. What are some ways you can minimize the risk of injury to your students?

6. How are Telemark turns and alpine turns similar? How are they different?

7. Describe a parallel Telemark Turn from beginning to end in your own words. Be sure to address the role of each of the Telemark skills and Movements.

8. When did PSIA form its first Telemark demonstration team and share its Telemark technique with the world?

9. Name the 3 physical forces that relate to skiing.

10. Which of the 3 forces is responsible turning?

11. Define acceleration.

12. What is the Center of Mass (CM)?

13. With skis and boots on, where is the skiers center of mass (CM) located in the body?

14. Name the three planes of motion used to describe how the human body moves.

15. What type of joint is the knee joint?

16. Name four types of movement for which the hip joint allows?

17. Name four body parts, which are flexed and extended to create the most effective vertical movements?

18. Name the four Telemark skills:

19. Define balance

20. What is the difference between simultaneous and sequential lead change?

21. What is the difference between inclination and angulation? Label the photos below as angulation and inclination. Which of the Telemark skills do they impact?



A.



B.

22. Which is the Telemark skill that pivots the skis from one direction to another?

23. When CM accelerates quickly upward what happens to the pressure on the skis?

24. Fore-aft movements and foot-to-foot movements impact which of the Telemark skills?

25. Describe the difference between "effectiveness" and "efficiency"

26. Describe four aspects of effective body position in a static, balanced telemark stance.

27. Which joints are involved in creating a balanced telemark stance?

28. What is counter and what causes it to occur?

29. Where in the body can edging movements begin?

30. What purpose does the lead change serve in telemark skiing?

31. What does the acronym DIRT stand for?

32. What are the 3 common elements of movement analysis systems? Define each.

33. What are four common turn shape descriptions, and which would describe the more round shape?

34. What are the three phases of the turn, and what distinguishes one from another?

35. Define "Carving", "Slipping", and "Skidding"

Carving

Slipping

Skidding

36. What are the characteristics of a rockered ski? Where do they work most effectively?

37. On a telemark boot, where can you find the switch for ski and walk mode?
38. What is the major role of a telemark binding?
39. Why is it important to check the resistance of a skier's cable binding?
40. Name two of the factors in a lesson that you can control?
41. What are the PSIA stepping stones?
42. What is a progression?
43. Using the stepping stones found on Pg 81 in the Telemark Technical Manual, describe a five step progression that you could use to help a beginner make telemark turns.

Resource List

Telemark Technical Manual, PSIA Publication 2014

Core Concepts Manual for Snowsports Instructors, PSIA Publication 2001