

AASI-I ASSESSMENT SUMMARY SHEET

Certification Level

2

Candidate name:	Date:
Examiner 1/phone #:	Location:
Examiner 2/phone #:	

Overall Result

Candidate must meet all Riding and Teaching proficiencies, and demonstrate technical knowledge as defined within AASI Level 2 National Standards.

At the request of the examiner, the rider will demonstrate:

- The appropriate movement pattern for a specific outcome or movement pattern requested by the examiner
- The appropriate timing, intensity, duration (T.I.D.) of movements relative to the desired outcome

Each Riding Proficiency will be scored using the following scale:

I = Initial Stage: Rider is unfamiliar with a movement and relies on sensory input and coaching to learn. At this stage the rider's movements are often very sequential and each part of the movement is performed individually. The rider may periodically, but not consistently, show signs of a movement pattern.

E = Elementary Stage: Rider can perform movements without looking at a particular body part involved in the movement, yet still need to think it through and concentrate on each of the move's components. While movements are sequential, the rider will link them together in a more fluid manner. The rider in the elementary stage will be able to consistently demonstrate a movement pattern but may not be able to apply it in all situations.

M = Mature Stage: Characterized by smooth, fluid, and automatic movements without showing obvious, conscious thought reflected in the rider's actions. The rider can also repeat and apply movements across a wide spectrum of situations. A rider possessing the ability to perform mature movements and the coordination of those movements can smoothly blend them for a specific outcome and be able to readily change or adapt movements to different terrain situations and snow conditions.

NATIONAL STANDARDS (NS) - Applied Movements

- 1 Candidate demonstrates at a Mature level the purposeful movement of the center of mass across the board by extending the legs at the initiation of the new turn, resulting in edge change and facilitating edge engagement.
- 2 Candidate demonstrates at a Mature level the purposeful flexion of the legs to bring the board under the center of mass through the completion and into the initiation of the turn (resulting in edge change and edge engagement) and extension of the legs to direct the board out from under the center of mass (resulting in increased edge angle, or tilt, and an intentional increase in pressure during the control/shaping phase of the turn).
- 3 Candidate demonstrates at a Mature Level the ability to move from and regain a neutral reference alignment in all conditions and terrain listed in the NS.
- 4 Candidate applies independent flexion/extension movements from both legs at a Mature Level.
- 5 Candidate maintains reference alignments as appropriate to terrain and task at a Mature Level.
- 6 Candidate demonstrates the ability to intentionally separate the upper and lower body at a Mature Level.

NATIONAL STANDARDS (NS) - Riding Proficiencies

- 7 Basic skidded medium radius turns on blue terrain
- 8 Dynamic skidded medium radius turns on black terrain
- 9 Dynamic skidded small radius turns on blue terrain
- 10 Switch dynamic skidded medium radius turns on blue terrain
- 11 Skidded small/medium radius turns in blue bumps
- 12 Skidded medium radius turns on variable blue terrain
- 13 Carved large radius turns on blue terrain
- 14 Dynamic carved medium radius turns on blue terrain
- 15 Switch basic carved large radius turns on green terrain
- 14 Freestyle Elements* - Halfpipe
- 15 Straight air w/ grab; 180 air
- 16 50/50 over small boxes & rails
- 17 flatland butter 180s and 360s

	Riding Standard	
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**Additional descriptions available within AASI National Standards*

TASK DETAIL SHEET (reference only)

Board Profile:

Board Performance:	Task 1	Task 2	Task 3
Twist			
Reference #(s)			

Comments:

Pivot			
Reference #(s)			

Comments:

Tilt			
Reference #(s)			

Comments:

Pressure			
Reference #(s)			

Comments:

Movement Concepts	Task 1	Task 2	Task 3
Flexion / Extension			
Reference # (s)			

Comments:

Rotation			
Reference # (s)			

Comments:

Freeride			
Reference # (s)			

Comments:

Freestyle			
Reference # (s)			

Comments:
