



AASI-I SNOWBOARD EDUCATION AND **LEVEL 1** CERTIFICATION

This Level 1 Research Project is valid for 2016-2017 Season

Instructions:

Please bring completed workbook to exam day.

Full Name: _____

Home Resort: _____

Research Project Submission Date: _____

Name of Trainer(s), AASI staff member(s), etc. with whom you reviewed your project answers with:

Suggestions:

- Spend at least a couple of days thinking about and researching the appropriate answers to each of the questions. Give each answer the appropriate amount of **research, thought, and consideration** before providing a concise answers.
- Be sure to provide enough detail to answer each question completely.
- Use AASI & PSIA manuals, AASI staff, the internet, training directors, peers, and experienced instructors as resources for researching these questions.

The answers to the following questions may be found by reading the following reference materials, AASI Snowboard Instructor's Guide, Park and Pipe Freestyle Manual.

Short Answer (1pt. each)

1. What are the 3 methods of Movement Analysis?

A.

B.

C.

2. The snowboard, when reacting to the fundamental movements, can be described by the following four performance concepts.

A.

B.

C.

D.

3. List the seven points of “Your Responsibility Code”.

A.

B.

C.

D.

E.

F.

G.

4. When providing feedback what are the 3 types of learners?

A.

B.

C.

5. The teaching cycle includes the following steps:

A.

B.

C.

D.

E.

F.

G.

6. What is ATML?

A

T

M

L

7. Define each Performance Concept.

Tilt

Twist

Pivot

Pressure

Multiple Choice (1Pt. Each)

8. What are the fundamental movements in snowboarding?

- A. twist and tilt
- B. stance and balance
- C. flexion/extension and rotation
- D. pivot and pressure
- E. timing intensity and duration

9. The correct order of the three core values of snowboard instruction is:

- A. Fun, Learning, and Safety.
- B. Learning, Practice, and Safety
- C. Safety, Fun, and Learning.
- D. Safety, Skill Development, and Fun.

10. What does T.I.D. stand for?

- A. Turning, Initiation, and Direction.
- B. Timing, Intensity, and Duration.
- C. Timing, Initiation, and Duration.
- D. Turning, Intensity, and Duration.
- E. None of the above.

11. The theory that humans must have certain needs met in a specific order is known as?

- A. Piaget's Stages of Development
- B. Maslow's Hierarchy of Needs
- C. C.A.P.model
- D. ATML method

12. Using the SCARF model what two things is brain trained to do?

- A. Approach or Avoid
- B. Pain or Pleasure
- C. Recognition or Rejection
- D. Visual or Auditory

13. Effective edge is defined as:

- A. The length of the edge when measured tip to tail.
- B. The length of the edge measured from the two widest parts of the board.
- C. The length of the edge that has contact with the snow.
- D. The length of the edge that is used only while turning.

14. When establishing goals for a lesson, the instructor should set goals that are:
- A. Safe, easy, and specific.
 - B. Specific, measurable, and achievable.
 - C. Challenging, technical, and fun.
 - D. Meeting the goals of the instructor.
15. What is the relationship of a snowboard to the fall line at the finished point of a closed turn?
- A. In or parallel to the fall line.
 - B. Perpendicular or across the fall line.
 - C. Entering the fall line.
 - D. Pointing back up the fall line.
16. According to the national standards, successful Level I candidates will demonstrate the ability to comfortably ride the following terrain at the host mountain: **Mark all that apply**
- A. All green terrain
 - B. Air 180s over small features
 - C. Blue terrain, including off-piste conditions and small bumps
 - D. Groomed black terrain
 - E. Small freestyle features

Definitions (Please define the following terms. 1 Pt. each) (17-26)

17. A.A.S.I-

18. Alignment-

19. Center of mass-

20. Counter rotation-

21. Skidding-

22. Dorsiflexion-

23. Plantar Flexion-

24. Movement Analysis-

25. I.E.M-

26. Steering-

Essay

Please answer the following questions using your own words. (2pt each)

27. Please explain why a greater slope angle will minimize the potential for a slip to turn into an edge catch?

28. Please describe how the center of mass is different in children and adults and what effect this has on their snowboarding? (Please be gender specific)

29. Please describe how you would have to adjust your lesson when working with a group of 40 year olds vs. a group of 10 year olds.

30. What are three examples to promote repeat customers at your home mountain?

31. List three different camber profiles currently found in modern snowboards and give a brief description of their application.

32. Please describe your board set up include your boards camber profile, stance width, and angles.

33. List a progression for a Basic Skidded Turn.

34. Using ATML Model, build a progression for:

A. 50/50 on a ride on box.

B. Straight air off a small feature.