

Intermountain Division

PSIA/AASI ACE I Workbook



NAME _____

SNOWSPORT _____

CERTIFICATION LEVEL _____

ADDRESS _____

PHONE _____

EMAIL _____

RESULTS _____

COMMENTS _____

THE CAP MODEL

1. Define the following words as they relate to the CAP Model.

Cognitive _____

Affective _____

Physical _____

2. Jean Piaget is best known:

- a) For his work in cognitive developmental psychology
- b) As the father of GLM
- c) For developing the ski brake
- d) For her 7 stages of moral development

3. Children ages 4-6 years old may have difficulty following directions when they:
(Circle all that apply)

- a) Receive too many directions at once
- b) Receive directions while they are trying to do a task
- c) Are confused by the directions
- d) Can't hear the directions clearly

4. What can you do, in general, to improve the odds of not losing a child?
(Circle all that apply)

- a) The teacher skis/rides close to the group
- b) Group stops at short intervals along the slope
- c) Use the buddy system
- d) Ski/ride as fast as possible through all intersections

5. At what age do children typically become capable of dealing with competition with other children - in more positive ways?

- a) 0-2 years old
- b) 3-5 years old
- c) 6-7 years old
- d) 7-11 years old

6. Which behavior is most likely to be observed when teaching 3-6 year old children?
- a) The child may bust into tears when parents drop them off for lessons
 - b) When several directions are given at once, young children are able to follow with little difficulty
 - c) Young children do not care if they receive any personal attention
 - d) Children will learn best through lengthy discussions, not through activities
7. At what age would you most likely expect to see a child want to play in the snow?
- a) 2-6 years old
 - b) 7-12 years old
 - c) Teens
8. According to Piaget, what age group sees things in a selfish (egocentric) way?
- a) 3-6 years old
 - b) 7-12 years old
 - c) Teens
9. To facilitate learning for an 11 year old in your group - who is easily influenced by his/her peers - you could: (Circle all that apply)
- a) Pair students up to practice
 - b) Line rotation
 - c) Group consensus rewards
 - d) Light competition (i.e., How many turns can you do?)
10. Physical development in children:
- a) Will be equal for all children at the same age
 - b) Begins with gross muscle control followed by fine muscle control
 - c) Results in equal growth of the muscles and nervous system
 - d) All of the above

11. The principles of physical growth and development in children include:
(Circle all that apply)
- a) Control moves from the head down and the trunk out
 - b) Large movement control comes before small movement control
 - c) Movement control occurs at the same age for all children
 - d) Control of one-sided movement develops before control of two-sided movements
12. The mechanics of balance or stability can successfully be introduced to children with which of the following concepts?
- a) Flexing the knees and ankles with the feet apart enhances balance
 - b) Balance is enhanced when the body's center of gravity moves closer to the base of support (lower)
 - c) The center of gravity must be kept over the base of support for stability and balance
 - d) All of the above
13. Children may be sitting back because:
(Circle all that apply)
- a) The terrain is too steep
 - b) A lower center of gravity allows them to
 - c) They may be unable to flex their ankles
14. Circle the two skills related to hearing that develop first.
- a) Language
 - b) Speed
 - c) Distance
 - d) Timing
 - e) Direction
15. How does visual development occur in young children?
- a) Near to Far
 - b) Far to Near

16. When talking about safety rules to group of 5 year olds, how close should they be to the instructor?

- a) Less than 5 feet away
- b) 5-10 feet away
- c) More than 10 feet away

17. A Child's physical and mental stage of development will affect the way they learn.

True

False

18. The CAP Model has been designed to give insight into how children think, behave, and move.

True

False

19. The cognitive, affective, and physical development for each child occurs at the same rate.

True

False

20. The CAP Model can be used for every student including adults.

True

False

21. Young children rely on abstract ideas rather than concrete experiences for learning.

True

False

22. A child between 7-12 years old should be able to follow a series of three (3) directions.

True

False

23. Cross-sided movements are more advanced than one-sided movements.

True

False

24. Due to physical growth, some teens may not be comfortable with their bodies.

True

False

25. Identify whether the following developmental trends are more descriptive of older children (7-12 years old), or younger children (3-6 years old).

Indicate older children with an “O” and younger children with a “Y”.

COGNITIVE

- Reasoning is based on appearances, how things look and happen
- Is able to understand rules and consequences
- Is not able to reverse a series of directions or thoughts
- Often overestimates abilities
- Believes the world revolves around them (egocentric)
- Can follow instructions with (3) three or more items

AFFECTIVE

- Non-competitive, playing is winning
- Wants to be part of the group, influenced by peers
- Learning to share and play with other children
- Cooperation is part of play
- Is not concerned with perfection
- Needs constant reminders of specific safety guidelines
- Participation, not end result is important
- Sets goals and works to accomplish them

PHYSICAL

- Able to move upper body in opposition to lower body
- Whole body tends to move as a single unit
- Well-established fine motor movements
- Center of mass is located higher in the body
- Tires quickly
- Has a short attention span
- Ability to adapt to changing weather conditions easily
- Can use visual cues from across the hill

26. 20/20 vision means a person can properly identify something at twenty feet.

True

False

27. When does the average child generally complete his/her auditory development?

28. We receive information about our position and movement through space by:

_____ (or doing)

#

(For the following questions, please provide short answers (or a few sentences)

COGNITIVE

29. Give an example of how you would introduce “Your Responsibility Code” to a class of “Intermediate Zone” 6-8 year olds.

30. Describe how you organize a class of 4-6 year olds to load a chairlift at your resort.

How do you partner them? _____

What safety issues do you address? _____

How would you keep them occupied during a long wait? _____

AFFECTIVE

31. Identify 5 common behaviors of children in the following age ranges:

3-6 year olds _____

7-12 year olds _____

32. You have a class of “Intermediate Zone” 7 year olds. The same child continually insists on following directly behind you. How can you teach this child that others deserve the same opportunity?

PHYSICAL

33. Young children typically do not understand left from right. What words or cues do you use to distinguish left and right to teach them to move in those directions?

34. Explain why it is easier for children to maintain their balance in a wide stance rather than a narrow one.

PDAS

35. What do the letters P.D.A.S. stand for in the teaching cycle?

P _____

D _____

A _____

S _____

Aggression _____

Self-Management Skills _____

Social Skills _____

42. When addressing a “Tough Kid”, it is best to use a question format.

True

False

43. List six (6) guidelines to follow when giving directions to “Tough Kids”.

44. What is the coercive cycle?

45. How can you stop the coercive cycle?

46. Give an example of a “Mystery Motivator”.

47. What do the letters ADHD stand for?

A _____

D _____

H _____

D _____

PARENT PARTNERSHIP

48. Using the CAP Model, how do you obtain information about your student from a parent prior to the start of the lesson?

Cognitive _____

Affective _____

Physical _____

49. List at least 5 items from the “Pre-Flight” checklist.

50. You have had a “challenging” day with a non-compliant student. Using the CAP Model, how would you give accurate, positive feedback to the parents?

Cognitive _____

Affective _____

Physical _____

SKI AND SNOWBOARD EQUIPMENT

51. Typically, the most appropriate gear for children will have a softer flex.

True

False

52. The ski or snowboard length for children generally will be between their chest and their chin.

True

False

53. Children's ski or snowboard boots should generally be supportive and flexible, with minimal heel lift inside the boot.

True

False

54. When a child arrives with boots on the wrong feet, the instructor should not worry, because it doesn't really matter for young children.

True

False

55. Quality gloves or mittens, and eyewear that fit well are not necessarily important for children.

True

False