

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. The Learning pathway within the S.T.S. is defined by what three concepts?

- 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. What are the three ways we receive sensory information?

- A.
- B.
- C.

5. The teaching pattern includes the following four steps:

- A.
- B.
- C.
- D.

6. What is ATML?

- 1.
- 2.
- 3.
- 4.

Fill in the appropriate Performance Concept, to complete its corresponding definition.
(1Pt. Each)

7. _____ is the difference in edge angle between the tip and tail of a snowboard during a maneuver.
8. _____ represents the amount the long axis of the snowboard is offset relative to its direction of movement.
9. _____ is the amount (in degrees), that the board is tilted on its edge, relative to the snow.
10. _____ represents how the riders' weight and any additional pressure are applied along the length of the snowboard.

Multiple Choice (1Pt. Each)

11. 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
12. 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.
13. 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.
14. 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
 - C. C.A.P. model
 - D. ATML method

15. 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.
16. When establishing goals for a lesson the instructor should set them so that they are:
- A. Safe, easy, and specific.
 - B. Specific, measurable, and achievable.
 - C. Challenging, technical, and fun.
 - D. Meeting the goals of the instructor.
17. What is the relationship of the snowboard to the fall line at the 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.
18. Of the two phrases listed below, which phrase is objective?
- A. Riding switch is difficult, so remembering to maintain an effective posture can be very helpful.
 - B. Riding switch is easy. It's just like riding regular.

Definitions (Please define the following terms. 1 Pt. each)
(19-32)

A.A.S.I-

Dynamic Balance-

Alignment-

Center of mass-

Camber-

Progression-

Counter rotation-

Effective posture-

Skidding-

Safety-

Dorsiflexion-

Plantar Flexion-

Sliding-

Slipping-

Essay

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

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

34. Please describe how the center of mass changes from childhood to becoming an adult and how this can affect their snowboarding? (Please be gender specific)

35. Make a diagram of the Y model and outline the path snowboarding has taken you.

36. Please describe how you would have to adjust your teaching style when working with a group of 40 year olds vs. a group of 10 year olds. Please relate your answers to the 4 steps of the Teaching Pattern.

37. You have a novice snowboarder wanting to attempt a jump for the first time. Using ATML please provide a focus you give this student for each step.

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