



Level 2 Movement Analysis/Teaching Preparation Guide

Your Name _____

Below is a set of questions that will help you collect information about your student so you can provide them with an exceptional lesson experience. Practicing this with your students will enhance your understanding of the material and increase your effectiveness within the Level 2 exam. Use this guide to set up a framework for your lessons with the Level 2 video provided to you when you register for the Level 2 Assessment Exam.

STUDENT PROFILE

What is the student's name? _____ Age? _____

Note the Student's Body Language and how they presented themselves when they walked up.
What is the student's primary motivation for being there?

What other sport(s) or activity did the student mention?

EQUIPMENT

What characteristics does the board have?

Camber Rocker Hybrid Camber/Rocker Flat Stiff Flexible Other?

What type of stance setup does the board have?

Directional Duck Zero Wide Narrow Proportionate Other?

BODY ALIGNMENT

Using Reference Alignments describe the body alignment within each phases of the turn.

Toeside

Initiation:

Control:

Finish:

Heelside

Initiation:

Control:

Finish:

MOVEMENT CONCEPTS

Describe the student's rotary movements through the toeside turn.

Initiation:

Control:

Finish:

Describe the student's rotary movements through the heelside turn.

Initiation:

Control:

Finish:

Describe any Flexion and Extension movements during the toeside turn?

Describe any Flexion and Extension movements during the Heelside turn?

BOARD PERFORMANCE CONCEPTS

What is the dominant board performance throughout the phases of the toeside turn?

Initiation: Twist Pivot Pressure Tilt

Control: Twist Pivot Pressure Tilt

Finish: Twist Pivot Pressure Tilt

What is the dominant board performance throughout the phases of the heelside turn?

Initiation: Twist Pivot Pressure Tilt

Control: Twist Pivot Pressure Tilt

Finish: Twist Pivot Pressure Tilt

TEACHING

Describe a cause & effect relationship (body-board-outcome) for the toeside and Heelside turn.

Create various lesson plans to address cause & effect relationships for the rider in the video.