

# Intermountain Adaptive Level 1 Alpine Take Home Exam

**Name:**

**Date:**

**Candidate must achieve 80% or better to pass.**

## General Knowledge

**Match the following words with their definition. Each definition is used only once.**

1. \_\_ Visual
2. \_\_ Open question
3. \_\_ Teaching for transfer
4. \_\_ Demonstration
5. \_\_ Active experimenter
6. \_\_ Task
7. \_\_ Skill/drill/hill
8. \_\_ Introverted
9. \_\_ Multiple intelligence
10. \_\_ Lateral learning
11. \_\_ Physiological
12. \_\_ Cognitive domain
13. \_\_ Sensorimotor
14. \_\_ Intrapersonal intelligence
15. \_\_ Guided discovery

A. Teaching style in which the instructor directs the students to a specific answer through a series of questions or experiences

- B. A teaching style in which the instructor outlines the parameters of an assigned activity. Students are free to execute and practice the activity within the given boundaries
- C. Piaget's stage of development from birth to age 2
- D. A formula that combines what you want the student to learn with the situation you create to encourage learning and the appropriate terrain for success
- E. Person who is self-smart
- F. A system for identifying comprehensive categories of human capabilities
- G. A sensory preference in which the student learns best by seeing or watching
- H. One concept is developed through a spectrum of activities.
- I. Activities used to isolate and develop skills
- J. Drawing upon a student's previous learning to help with present learning
- K. Used to initiate a discussion or gain information about a student's insights and opinions
- L. Related to thinking, analyzing and speaking
- M. Performing a task or exercise as an example for students
- N. The most pressing needs, as postulated by Abraham Maslow
- O. According to Jung's functioning types, this type of person is into his/her inner world

**Fill in the blanks.**

16. What are the core aspects of teaching?

\_\_\_\_\_, fun and \_\_\_\_\_

17. List the seven points of Your Responsibility Code.

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18. In addition to the Responsibility Code, list 5 points of “Keeping it Safe” for your students safety.

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19. List the seven elements of the Teaching Cycle.

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20. Describe 2 teaching styles you have used and why. \_\_\_\_\_

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21. List the four main skiing movements in the BERP acronym.

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22. What joints in the body rotate?

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What joints in the body flex?

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23. What do the letters VAK stand for when discussing learning preference?

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24. What are ways you can determine your student's learning preference? \_\_\_\_\_

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**Mark the answer(s) that best completes the statement or question.**

25. When it comes to Pharmacology it is most practical to:

- A. Have complete understanding of all medications, their uses, and side effects.
- B. Try them all so you can understand what the side effects feel like.
- C. Interview the student or caregiver regarding their disability and the medications they are taking.
- D. Don't worry about medications they have no effect on ski instruction.

26. When instructing individuals with disabilities your goal should be:

- A. Insist on perfection out of your student prior to advancing skills.
- B. Follow the parent's or guardian's goals and instructions.
- C. Focus on your personal skiing skills.
- D. Focus on the goals and needs of your student.

27. Lessons for individuals with disabilities should always be:

- A. 1 instructor to 1 student.
- B. 2 instructors to 1 student.
- C. The least restrictive environment.
- D. Held on beginner and intermediate terrain only.

28. Which of the following is NOT a characteristic of kinesthetic learners?

- A. They have a heightened awareness of their bodies and how things "feel."
- B. Directions make sense if given step-by-step.
- C. They learn best by doing.
- D. They may need to experience the sensation associated with a type of movement to understand the concept.

29. If there are students in your class who are shivering, you should:

- A. have them drink an alcoholic beverage to warm up.
- B. sit down where you are on the hill and take a break.
- C. have them do some exercise to generate muscle heat.
- D. don't worry if you, as the instructor don't feel cold.

30. What is the difference between Special Olympics and Paralympics?
- A. Special Olympics is for athletes with physical disabilities and Paralympics is for athletes with cognitive disabilities.
  - B. Special Olympics is for athletes over 50 and Paralympics is for athletes 49 and below.
  - C. Special Olympics is for athletes with cognitive disabilities and Paralympics is for athletes with physical disabilities.
  - D. Special Olympics occurs every 4 years and Paralympics occurs every year.

31. What are the standard phases of a turn?

- A. Initiation, shaping, finishing
- B. Front, middle, back
- C. Primary, secondary, final
- D. Preceding, shaping, following
- E. Foregoing, seminal, following

32. Flexing and extending in a turn are:

- A. rotary movements.
- B. pressure control movements.
- C. balancing movements.
- D. edge control movements.
- E. steering movements.

33. Person First Language is:

- A. Choosing language that puts the person before the disability.
- B. Choosing language that is non-gender specific.
- C. Remembering to use the student's first name when addressing them.
- D. Remembering to make your student feel confident and comfortable on a lesson.

34. The Paralympics follows the Olympics every four years at the same location.

T or F

35. When working with students with behavior concerns, how do you set boundaries?

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36. Why is movement analysis important? \_\_\_\_\_

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What are the 3 basic points of movement analysis? \_\_\_\_\_

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37. The most effective and successful teachers:

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38. What is your definition of a professional instructor? \_\_\_\_\_

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# VISUALLY IMPAIRED/COGNITIVE

Match the following words with their definition. Each definition is used only once.

1. \_\_Nystagmus
2. \_\_CNS Stimulants
3. \_\_Edgie Wedgie
4. \_\_Glaucoma
5. \_\_Operant Conditioning
6. \_\_Clock System
7. \_\_Intellectual Disability
8. \_\_Developmental Disability
9. \_\_Physical Assists
10. \_\_Aphasia
11. \_\_Antidepressants
12. \_\_Behavior Modification
13. \_\_Down Syndrome
14. \_\_Cognitive Disability
15. \_\_Autism

A. Chromosomal abnormality exhibiting mental retardation in combination with other birth defects

- B. Behavioral changes in a person's response to events or stimuli that occur.
- C. Inability to understand or utilize words and their meanings
- D. The use of some system of reward or punishment to change undesirable behavior
- E. Condition that interrupts or delays normal growth or development, having onset before age 18, and of indefinite duration
- F. Increased intraocular (inside-the-eye) pressure, which may result in impaired vision or blindness
- G. Helping a student generate movement, or control speed or turning by physically maneuvering the skier's equipment or guiding the skier's body
- H. Spectrum of neurological disorders defined by symptoms that include problems with communication and behavior
- I. Medications used for behavioral control
- J. Below-average intellectual ability present from birth or early infancy and associated with difficulties in learning and social adaptation
- K. Brain damage affecting the ability to process information and/or to coordinate and control the body or its movement. Such damage arises after age 18
- L. Medications used to treat depression
- M. Relating position on the hill to numbers on a clock face
- N. Rapid, involuntary oscillation of the eyeballs
- O. Lightweight piece of rubber tubing with a small clamp and a thumb screw at each end

**Mark the answer(s) that best completes the statement or question.**

16. Match the following verbal commands with their meaning:

- |             |   |
|-------------|---|
| A. ___ Slow | 1. Continue in the direction one is going |
| B. ___ Stop | 2. Check your speed                       |
| C. ___ Sit  | 3. Emergency stop                         |
| D. ___ Hold | 4. Change direction                       |
| E. ___ Turn | 5. Stop skiing                            |

17. Match the type of sight with its definition:

- |                          |   |
|--------------------------|---|
| A. ___ Peripheral vision | 1. Distant objects are blurred              |
| B. ___ Myopia            | 2. Half of the visual field is blurred      |
| C. ___ Far sightedness   | 3. Near objects are blurred                 |
| D. ___ Hemiopia          | 4. The front of the visual field is blocked |

18. Left/Right side neglect occurs in individuals that have had a cerebral vascular accident (CVA) that manifests itself by:

- A. Hemiplegia.
- B. Muscle tone loss in one side of the body.
- C. The brain does not visually or cognitively recognize one side of the body.
- D. One side of the body requires more AXE body deodorant spray.

19. The past 6 lessons you have guided your student with a visual impairment from the front, on bright sunny days, and your student easily followed you without any verbal commands. During your 7<sup>th</sup> lesson the weather is overcast and it begins to snow. You

notice your very comfortable level 6 student is wedging constantly and having difficulty. You should:

- A. Stop the lesson and go in for Apres Ski.
- B. Use your poles in a Horse and Buggy system the rest of the lesson.
- C. Ski behind the student and yell left, right, hold, stop etc. loudly.
- D. Stop in a safe place, discuss an auditory cue strategy, and continue guiding from the front.

20. Which of the following is not a recognized command system for guiding students with visual impairments?

- A. Clock System
- B. Grid System
- C. Auditory Cues
- D. One Point Elbow Hold
- E. Verbal Commands

21. When instructing an individual with an intellectual disability, it is best to:

- A. use auditory instruction.
- B. use visual instruction.
- C. use kinesthetic instruction.
- D. B & C
- E. assess and identify the students ability to learn from V.A.K. cues.

22. When an individual is born with a disability it is considered to be:

- A. Cognitive
- B. Congenital
- C. Degenerative
- D. Remission

23. A common characteristic of a person with a cognitive disability is:

- A. Impulsivity.
- B. Short attention span.
- C. Difficulty manipulating images mentally.
- D. A, B, & C

24. Which is not a behavior modification technique?

- A. Modeling
- B. Time-Out
- C. Deep Breathing
- D. Props
- E. Behavior Contracts

25. What disability is cervical instability a concern?

- A. Autism

- B. Williams Syndrome
- C. Detached Retina
- D. Down Syndrome

26. Removing a student from an over stimulating situation, like an overcrowded, noisy lift line, to a quiet place is a:

- A. Behavior Modification Technique
- B. Punishment
- C. Disciplinary Action
- D. Consequence

27. Which is **not** a key point you would consider in a VI assessment?

- A. How they have been guided in the past
- B. What equipment they have used in the past
- C. The extent of their visual impairment
- D. What they are wearing today

**Fill in the Blank.**

28. List Piaget's 4 levels of cognitive development.

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# MONO/BI SKI

Match the following words with their definition. Each definition is used only once.

1. \_\_Turn Radius
2. \_\_Corresponding edges
3. \_\_Unweighting
4. \_\_Sidecut
5. \_\_Edge Angle
6. \_\_Carving
7. \_\_Steering
8. \_\_Fall line
9. \_\_Center of Mass
10. \_\_Stance
11. \_\_Fore/Aft Movements

- A. The amount a ski is tilted relative to the surface of the snow and hill.
- B. Taking varying amounts of weight off the skis to manipulate and control pressure.
- C. The size of the turn.
- D. Imaginary, through any single point on the slope that follows the steepest descent.
- E. The way a skier aligns his or her skeletal structure on the skis.
- F. The muscular effort used to direct the path of the skis.
- G. The amount of “hourglass” shape or waist a ski has.
- H. When the tails of the skis follow the tips through the turn to leave clean arcs in the snow.
- I. Application of pressure in front of or behind the midpoint of the skis.
- J. The left edge of one ski/outrigger and the left edge on the other.
- K. Represents the point around which all of a body’s mass is equally distributed.

**Multiple Choice: Circle the answer that best completes the statement**

12. A high blood pressure crisis occurring in persons with spinal injury above T6, that produces sweating, goose bumps, flushed feeling, headache and increased spasticity is:
- A. Detoxification
  - B. Dyskinisia.
  - C. Autonomic Dysreflexia.
  - D. Keratosis Pilaris
13. When strapping a skier into a bi ski, how high should a skier be strapped?
- A. Every strap/bucket should always be fastened tightly.
  - B. High enough to offer necessary support and still enable the skier to use all functioning muscle groups.
  - C. Only the strap around the legs and waist should be tightened.
  - D. Use duct tape instead of the straps.
14. A kidney belt/elastic retention may be used for:
- A. kidney stabilization.
  - B. maintaining body temperature
  - C. increasing upper body stabilization while offering flexibility in functioning areas.
  - D. protecting the spleen.
15. The purpose of a dowel test is:
- A. to determine canting needs.
  - B. to determine lateral balance.
  - C. to determine fore/aft balance.
  - D. to determine if the ski is too rigid.
16. During the dowel test, the student is in the apparatus and the balance point is found when the student can:
- A. lean forward and touch the front of the ski to the ground.
  - B. pressure the tip of the ski with a slight head tip forward and pressure the tail with a slight tip backward.
  - C. remain centered on the dowel while leaning from side to side and touching the outriggers to the ground.
  - D. lean backward and touch the tail of the ski to the ground while using the outriggers for balance.
17. Bi skiers with fixed outriggers should be tethered:
- A. in slushy spring weather to prevent cartwheels.
  - B. only on intermediate terrain.
  - C. always, with no exceptions.
  - D. during icy conditions.
18. Match the nerve trunks with their associated muscle function.

- |                  |   |
|------------------|---|
| A. _____ C5-C6   | 1. Exhalation and Trunk Flexion                           |
| B. _____ C8-T1   | 2. Hip Adduction  |
| C. _____ T6 –T12 | 3. Shoulder Flexion/Abduction, Elbow Flexion              |
| D. _____ L1- L3  | 4. Finger Flexion, Thumb Opposition, spread/close fingers |

19. In most written documentation T6 and below was the stated rule of thumb for Mono Ski Selection. Now with the Kart Ski, Dual Ski, and newly designed Mono ski for higher injuries, which of the following factors should influence your selection:

- A. select based on students physical abilities.
- B. select based on students attitude.
- C. select based on students commitment to scheduling time for skiing
- D. Students goal
- E. All of the above.

20. When utilizing hand held outriggers, if the claw engages the snow creating a bouncing and skipping motion the instructor may want to adjust the outrigger by:

- A. increasing the length of the brake bolt.
- B. removing the claw.
- C. decreasing the length of the brake bolt.
- D. decreasing the shock pressure.

21. When doing garlands with a Mono-Skier, they do not include which phase of the turn?

- A. Initiation
- B. Shaping
- C. Finishing
- D. Whirly Bird

22. When using hand held outriggers, individuals with complete cervical injuries will often enhance their grip with the use of:

- A. Quad/Tetra Gloves
- B. Duct Tape
- C. Velcro
- D. All of the Above

23. List the number of vertebrae in each region listed below.

- Cervical \_\_\_\_\_
- Thoracic \_\_\_\_\_
- Lumbar \_\_\_\_\_
- Sacral \_\_\_\_\_

## **THREE/FOUR TRACK**

**Match the following words with their definition. Each definition is used only once.**

1. \_\_\_Paper-Clipping
2. \_\_\_Multiple Sclerosis
3. \_\_\_Cerebral Palsy
4. \_\_\_Epilepsy
5. \_\_\_Arthrogyrosis
6. \_\_\_Anti-Coagulant
7. \_\_\_Parallel Progression
8. \_\_\_Friedreich's Ataxia
9. \_\_\_Outriggers
10. \_\_\_Hemipelvectomy
11. \_\_\_ Single Long Pole Assist
12. \_\_\_ Antiemetic
13. \_\_\_ Ankylosing Spondylitis
14. \_\_\_Slider
15. \_\_\_Tip clamps

- A. Disorder resulting from anoxia to the brain before, during, or shortly after birth.
- B. Medications prescribed for blood clot prevention.
- C. Hereditary disease appearing in childhood, involving steady, progressive degeneration of spinal column and cerebrum.
- D. Used for students who are unable to hold their legs in a wedge.

- E. Amputation in which half of the pelvis and the associated leg are gone.
- F. Chronic inflammation of the spine. Bones will often fuse.
- G. Progressive disease that causes the myelin sheath around nerve cells to become scarred or to disappear, so that the nerves no longer transmit the necessary signals.
- H. Medications that control nausea and vomiting.
- I. Tubular frame for trunk and forearm support.
- J. Bamboo pole held at waist or chest height. Instructor and student ski beside each other.
- K. Forearm crutches with a regular or lightweight ski tip mounted at the base.
- L. Condition of having immovable joints.
- M. Disorder characterized by disturbed electrical rhythm of the nervous system and typically manifested by lapses of consciousness and/or seizures.
- N. Clamp type device with a hook and eye assembly, which screws to the tips of the skis.
- O. Occurs when the skier bends forward at the waist and relies excessively on the outriggers.

**Circle the answer that best completes the statement or question.**

16. Which of the following is *not* a Beginner/Novice Zone  $\frac{3}{4}$  track task?

- A. Demonstrate how the outriggers work
- B. Ride the chairlift
- C. Turn to a stop
- D. Hockey stops

17. The Snow Slider can be used for:

- A. a skier with impaired balance.
- B. a skier who has had a CVA.
- C. a skier with CP.
- D. a skier with an above the knee amputation.
- E. All of the Above

18. A wrist restraint should be used with the snow slider. T or F

19. Match the type of amputation with its definition:

- |                          |   |
|--------------------------|---|
| A___ Hip disarticulation | 1. Amputation including half of the pelvic bone |
| B___ AK                  | 2. Above the knee amputation                    |
| C___ Hemipelvectomy      | 3. Below the knee amputation                    |
| D___ BK                  | 4. Removing the femur ball from the hip socket  |

20. As a 3 or 4 track skier progresses:

- A. outriggers get longer.
- B. outriggers get shorter.
- C. outriggers get more brake.
- D. outriggers get less brake.
- E. A and D
- F. B and D

21. Cants and wedges are used to:

- A. make the ski boot, thus the ski, stand flat on the snow.
- B. give lateral balance.
- C. make a boot fit.
- D. A & B

22. A common condition for an individual with Spina Bifida is:

- A. a shunt
- B. a latex allergy
- C. frequent urinary tract infections
- D. all of the above

23. When loading the chair lift, the outrigger tips should always be in what position?

- A. Crossed
- B. Crutch Position or Up
- C. Ski Position or Down
- D. Above the head

24. When looking for the most efficient 4 Track position for your student, the following positions should be analyzed to achieve an athletic position:

- A. Standing straight and upright
- B. Their everyday stance and position
- C. Balanced ski position
- D. B & C only
- E. All of the above

25. Anti cancer drugs may cause:

- A. nausea
- B. diarrhea
- C. weakness
- D. sensitivity to the sun
- E. all of the above

26. What body mechanics are first used to develop rotary skills?

- A. Banking/inclination
- B. Leg steering
- C. Sliding outrigger touch
- D. Upper body rotation
- E. Counter rotation

27. How does a four tracker in a snow slider control their speed independently?

- A. Braking with outriggers
- B. Through turning
- C. Pressuring the snow slider tails
- D. By tethering

**TOTAL CORRECT OUT OF 117: \_\_\_\_\_ GRADE: \_\_\_\_\_% PASS OR FAIL**

**NAME OF GRADER: \_\_\_\_\_**