

SAMPLE EXAM QUESTIONS

NAME: _____

- 1- *When referring to the Stepping Stones movements, what is a broad term used to explain them?*
A) Area B) Sector C) Zone D) Perimeter

- 2- *When presenting to visual learners, which is best?*
A) *Over Exaggerate Movements* B) *Target students attention*
C) *Ski in front of the student* D) *A&B*

- 3- *What would be a logical progression for a child skier at level 1 or level2?*
A) *Boots - 1 ski - 2 skis - Sliding - Climbing - Gliding Wedge*
B) *Boots - 1 ski - 2 skis - Climbing - Sliding - Gliding Wedge*
C) *Boots - 1 ski - 2 skis - Sliding - Climbing - Sliding - Gliding Wedge*
D) *Boots - 1 ski - 2 skis - Climbing - Sliding - Gliding - Gliding Wedge*

- 4- *The purpose of the cuff/upper boot canting device is?*
A) *Center the individual properly on the ski*
B) *Accommodate each individuals foot placement in the boot*
C) *Adjust the cuff lean*
D) *Accommodate the individuals curvature of the lower leg*

- 5- *Students who are able to process information easily without interferences or other disturbances are called?*
A) *Autonomists* B) *Cognitive* C) *Affective* D) *Kinesthetic*

- 6- *Foot to foot movement relate to?*
A) *Balance* B) *Rotary* C) *Edging* D) *Pressure control*

- 7- *Pointing out similarities between skills to students is called?*
A) *Teaching for transfer* B) *Lateral Learning* C) *Positive transfer*

- 8- *Pronation, excessive flexion and a knock kneed stance is a sign of an:*
A) *Over edged skier* B) *Under edged skier* C) *Poorly balanced skier* D) *A&C*

- 9- *The angle between the extended axis of the femur and the tibia is called the:*
A) *Femur angle* B) *“Q” angle* C) *“Y” angle* D) *Pubis angle*

- 10- *Cross training for skiing is intended to:*
A) *Build strength in the off season*
B) *Exercise muscles not normally used*
C) *Imitate movements made by skiing*
D) *Increase cardiac and aerobic strength in the off season*

- 11- What would be an effective way of teaching students at the motor stage of development?**
- A) Practice a variety of skills in various terrain**
 - B) Practice one skill on one type of terrain**
 - C) Practice many skills on one type of terrain**
 - D) Practice one skill on a variety of terrain**
- 12- Three of the best ways to improve a student's motivation are:**
- A) Slightly push the student into new terrain so they feel good about themselves when they complete the task**
 - B) Act as a role model, set new goals, keep the student moving**
 - C) Make it fun, ask the student if they are comfortable, set achievable goals**
 - D) Act as a role model, make it fun, set achievable goals**
- 13- Information given to the student during the performance is?**
- A) Concurrent**
 - B) Direct**
 - C) Immediate**
 - D) Retraction**
- 14- Movement in the fore and aft plan is called?**
- A) Balance**
 - B) Pressure**
 - C) Leverage**
 - D) Retraction**
- 15- Edge control movements.....**
- A) Start at the ankles**
 - B) Start at the knees**
 - C) Start at the hips**
- 16- Rapid downward movement will**
- A) Cause an increase in pressure followed by a sudden decrease**
 - B) Cause an increase in pressure**
 - C) Cause a decrease in pressure and then a sudden increase**
 - D) Cause a decrease in pressure**
- 17- A wedge christy is different from a wedge turn in that...**
- A) A wedge christy has indirect turn entry, a wedge has direct turn entry**
 - B) A wedge turn has matching of the skis somewhere after the fall line**
 - C) A wedge christy has direct turn entry, a wedge turn has indirect turn entry**
- 18- Affective domain of learning means?**
- A) How others perceive you**
 - B) Learn by doing**
 - C) Learn visually**
 - D) Asking a person how they feel about their skiing**

- 19- When you actively steer the inside ski**
- A) Your body is momentarily less balanced**
 - B) The outside edge of the inside ski is engaged**
 - C) You enhance turn dynamics and turn shape**
 - D) There is no pressure on the inside ski**
- 20- A factor that almost always causes plateauing in someone's skiing**
- A) Slow progression with no variation in terrain**
 - B) Rapid progression on the same terrain**
 - C) Slow progression on the same terrain**
 - D) Rapid progression through the skill development**
- 21- Research has shown that feedback that is ...**
- A) Specific and immediate is best**
 - B) Concurrent and immediate is best**
 - C) Delayed and specific is best**
 - D) Constructively critical is best**
- 22- The primary aspect of the humanistic learning they is to**
- A) Develop an understanding of your student and their skiing needs**
 - B) Develop the student using mutual goals and feedback**
 - C) Let the student decide what is best for him/her and take it from there**
 - D) Develop a plan of action for the ski lesson that meets the goals of the student**
- 23- The learning theory which involves both learning and thinking**
- A) Affective**
 - B) Cognitive**
 - C) Physiological**
 - D) Psychomotor**
- 24- The development of perceptual skills is best accomplished by**
- A) Providing sensory input from a variety of sources**
 - B) Exposure to new situations**
 - C) Exposure to new situations that provide a wide variety of sensory input**
 - D) Gradually increase the sensory input overtime**
- 25- Space station docking (children's game) most importantly develops**
- A) Speed control in a wedge**
 - B) Edge control in a wedge**
 - C) Child development with fellow children skiers**
 - D) Angulation**

26- Some children may take longer to balance over parallel feet than over a wedge foot because

- A) Child's center of mass is higher**
- B) Child's center of mass is lower**
- C) Feet are further apart in a wedge**
- D) The ability to move the body in separate plans**

27- Centration means ?

- A) The student feels that they are the center of the lesson**
- B) They can only focus on one part of any given situation at a time**
- C) The student can not be detracted easily from outside disturbances**
- D) The student must think very carefully in order to perform the task**

28- Looking at the ATS skills, the key concept are all

- A) Student minded**
- B) Outcome orientated**
- C) Specifically defined**
- D) Biomechanic**

29- From a guest service point of view, the best way to treat an unhappy customer ..

- A) Quickly and efficiently**
- B) Courtesy is more important than efficiency**
- C) Quickly and apologetic**

30- Out of all the things built into the cost of running a ski center, which is the least expensive ?

- A) Insurance**
- B) Snowmaking**
- C) Grooming**
- D) Employees**

31- In a dynamic parallel turn, maximum hip angulation will be present

- A) At the beginning of the turn when centrifugal force is greatest**
- B) In the middle of the turn**
- C) When centrifugal force is greatest, at the end of the turn**
- D) Only when conditions and trail steepness exist**

32- Skis with a convex base

- A) Rail**
- B) Have difficulty initiating turns**
- C) Float and are unstable**
- D) Become very edgy**

33- Retraction turns (or movements) are best suited for what type of snow conditions ?

- A) *Hard snow*
- B) *Icy conditions*
- C) *Crud*
- D) *Deep powder*

34- The Alpine National Standards identify levels of a skier with a numerical system of 1 through 9. In a level 1 skier, is the Bullfighter turn taught ?

- A) *Yes*
- B) *No*

35- The basic Teaching Model consist of the following elements

- A) *Introducing the learning segment*
- B) *Assessing the student*
- C) *Determining goals and planning objectives*
- D) _____ (Fill in blank)
- E) *Practicing*
- F) *Checking for understanding*
- G) *Summarizing the learning segment*

36- Name 4 of the habits of a “Highly Successful Ski Teacher”

- A) _____
- B) _____
- C) _____
- D) _____

37- What is the “Skills Concept”

- A) *Being able to ski any snow conditions*
- B) *Knowing more about skiing than your student*
- C) *A specific movement sequence that accompanies a given task or group of tasks*
- D) *Teaching skiers between levels 1 to 9*

38- Using the Visual Cues to Effective Skiing, in the balanced position

(Circle all correct answers)

- A) *The hips are centered over the feet*
- B) *The skis tip onto an edge early in the turn*
- C) *All the skier’s joints – ankles, knees, hips, lower back – flex evenly and appropriately together.*
- D) *The hands are in front of the body*

39- What is the acronym “ C. A. P.” ?

- C _____
- A _____
- P _____

40- What are the three main components of the “ATS”

- A) *The Service Model*
- B) _____ (Fill in blank)
- C) *The skiing model*

41- Describe the difference between Sliding, slipping, skidding

- Sliding* _____
- Slipping* _____
- Skidding* _____

42- What is the most important joint in the body for maintaining balance ?

- A) *Foot* B) *Hip* C) *Ankle* D) *Knee*

43- Where is the center of gravity or mass in the “ADULT” human body ?

- A) *In the head and neck area*
- B) *In the chest and lungs area*
- C) *In the stomach area behind the navel*
- D) *In the rear (posterior)*

44- What are “Metaphors”?

- A) *A figure of speech containing an implied comparison*
- B) *Variations using the “Steeping Stones” or “Center Line” of teaching*
- C) *Teaching on groomed terrain then un-groomed terrain*
- D) *Giving positive feedback to a completed task*

45- Name three of the six teaching styles

- A) *Command*
- B) *Reciprocal*
- C) *Small groups*
- D) _____
- E) _____
- F) _____

46- Name the three remaining “Learning Styles”

- A) *Doer*
- B) _____
- C) _____
- D) _____

47- A “GARLAND” involves a series of direction changes that “_____” cross the fall line.

- A) *“DO”* B) *“DO NOT”*

- 48- *List three potential safety hazards that might be present on the average slope and trail*
A) _____
B) _____
C) _____
- 49- *How many regions are there in PSIA-E*
A) 9 B) 7 C) 6 D) 5
- 50- *What region is Belleayre Mountain in?*
A) 9 B) 7 C) 6 D) 5
- 51- *When was PSIA formed?*
A) 1960 B) 1971 C) 1967 D) 1961
- 52- *What drill can be used with all skills (Balance, rotary, edging, pressure)*
A) *Railroad turns* B) *1000 steps* C) *Flat ski turns* D) *Hands on knees*
- 53- *What learning style pairs students and has them give feedback to each other on a task?*
A) *Reciprocal* B) *Command* C) *Small group*
- 54- *A skier with a closed stance cannot :*
A) *Extend and flex*
B) *Steer and edge effectively*
C) *Bank on steep terrain*
D) *Ski short radius turns*
- 55- *The beginning of the pole swing promotes*
A) *Cross under* B) *Flex and extension* C) *Cross over* D) *Angulation*
- 56- *The person who taps their poles on the snow during your explanation is most likely a "DOER" (Learning style)*
A) *True* B) *False*
- 57- *When your core temperature goes below 95 degrees, it is called?*
A) *Hyperactive* B) *Frostbite* C) *Hypothermia* D) *Death*
- 58- *What in a ski transfers the skiers weight evenly over the ski?*
A) *Side cut* B) *Shovel* C) *Ski length* D) *Camber*
- 59- *A child's center of mass is*
A) *In the center of the chest* B) *Same as an adult*
C) *Higher than adult, more toward the head* D) *None of the answers*

ANSWERS

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|-------|--|
| 1) C | 31) C |
| 2) B | 32) C |
| 3) D | 33) D |
| 4) D | 34) <i>Yes</i> |
| 5) A | 35) <i>Presenting and Sharing Objectives</i> |
| 6) D | 36) <i>Any of 16 will do</i> |
| 7) C | 37) C |
| 8) A | 38) <i>A, C, D</i> |
| 9) B | 39) <i>Cognitive, Affective, Physical</i> |
| | 40) <i>The teaching Model</i> |
| | 41) <i>Movement in the direction longitudinal axis</i> |
| 10) C | <i>Movement of the skis sideways</i> |
| 11) D | <i>Forward and sideways simultaneously</i> |
| 12) D | 42) C |
| 13) A | 43) C |
| 14) C | 44) A |
| 15) C | 45) <i>Task, Guided Discovery, Guided</i> |
| 16) C | <i>Exploration, Problem Solving</i> |
| 17) C | 46) <i>Doers, Thinkers, Watchers, Feelers</i> |
| 18) D | 47) B |
| 19) C | 48) <i>Trees, rocks, towers, etc.</i> |
| 20) D | 49) C |
| 21) A | 50) C |
| 22) B | 51) D |
| 23) B | 52) B |
| 24) C | 53) A |
| 25) B | 54) B |
| 26) D | 55) C |
| 27) B | 56) A |
| 28) D | 57) C |
| 29) B | 58) D |
| 30) C | 59) C |