**Adaptive Snowboard Level 1 Mono/Bi Take-Home Assessment**

\*Please bring the completed assessment to your on-snow assessment day.

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

True and False: Mark each statement as either True or False

T F 1. “Paralyzed person” is an example of person-first language.

T F 2. If the instructor has had a student with muscular dystrophy before it is not necessary to do an assessment.

T F 3. Excess information can lead to confusion and reduce learning.

T F 4. An ‘emergency term’ for an immediate stop is only for beginners.

T F 5. When teaching a lesson, feedback can make or break the learning experience.

T F 6. A student who is in a bi ski with fixed outriggers and does not use handheld outriggers must be tethered.

T F 7. When fitting a student to sit down equipment you should ALWAYS strap above their level of injury.

T F 8. Individuals with spinal cord injuries may have bladder and bowel control issues.

T F 9. A student with sit-down equipment will always need help loading the chairlift.

T F 10. It is often safer to remove a fixed outrigger when using a chair lift.

Multiple Choice:

1. Autonomic Dysreflexia is a response to pain below the level of injury and can be caused by:

A. Pinched skin

B. Full bladder or urine bag

C. Pinched catheter tube

D. Tight clothing

E. Both B and C

D. All the above

1. Handheld outriggers for an “edge prioritized” Bi Ski progression should be:

A. Slightly longer than normal set up without a brake bolt.

B. One outrigger long and one short.

C. The outriggers should be short enough to put the outrigger skis on the snow in line with the shoulder hips, and torso of student, but not farther than the knees.

1. What factor(s) would not be considered when helping a bi or mono skier getup after a fall:

A. Safety of the rider

B. Safety of the instructor

C. Pitch of the hill

D. Length of bi or mono ski

1. Padding, straps, and wedges are used to:

A. Help the bucket evenly pressure the ski.

B. Aid fore/aft Balance

C. Make a bucket fit more snugly.

D. A & B

E. All the above

**Disability Awareness Questions**

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

1. \_\_\_\_Incomplete SCI A. A curvature of the spine to the side.
2. \_\_\_\_Spinal Muscular Atrophy B. Damage occurs in the cervical region.
3. \_\_\_\_Quadriplegia C. A significant rounding of the spine at the upper back.
4. \_\_\_\_\_Kyphosis D. Significant curvature of the spine inward in the lower back.
5. \_\_\_\_\_Scoliosis E. Some levels of motor/sensory function remain below injury.
6. \_\_\_\_\_Lordosis F. Disease that destroys the motor neurons in the spinal cord.

15 Questions or more correct = Pass 75%

14 or less questions correct = Fail