**Adaptive Snowboard Level 1 Stand-Up Take-Home Assessment**

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

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

Multiple Choice:

1. Observing what type of gait a stand-up student has is part of the:

 A. Cognitive Assessment

 B. Affective Assessment

 C. Physical Assessment

1. It is important to assess a student’s range of motion and their ability to:

 A. rotate, flex, and extend.

 B. passive range of motion (movement assisted with equipment)

 C. have developed other movements to compensate for limitations.

 D. All of the above

1. Why would some students be able to be a stand-up snowboarder in the morning, but need to sit-down in the afternoon?

 A. To be able to see different runs and more of the mountain.

 B. They became bored.

 C. Endurance and fatigue factors

 D. All of the above

1. When assessing which assistive tools and techniques to use in the lesson, one should consider:

 A. If it will aid in the student’s safety and skill development

 B. If it will promote the least restrictive environment for the student or hinder their independence

 C. How busy the lift lines are.

 D. Both A and B

 E. All the above

1. What are the snowboarding fundamentals:

 A. Pivot, Tilt, Torsional, Twist, Longitudinal Pressure

 B. Pivot, Pressure Longitudinal, Pressure Vertical, Pressure Lateral, Twist, Tilt

 C. Rotate, Edge, Balance, Pivot, Pressure

 D. Balance, Twist, Pressure, Edge

1. What does T.I.D. stand for?

 A. Turning, Initiation, and Direction

 B. Timing, Initiation, and Duration

 C. Turning, Intensity, and Duration

 D. Timing, Intensity, and Duration

1. A rider can use outriggers for:

 A. Assisting moving balance

 B. Initiating turns

 C. Breaking or slowing down at speeds

 D. All the above

1. Left/Right side neglect occurs in individuals that have had a cerebral vascular accident (CVA)and most often causes the brain to do what:

 A. Create muscle spasms on one side of the body.

 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 is more sensitive to touch.

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

 A. A shunt

 B. A latex allergy

 C. Frequent urinary tract infections

 D. All the above

1. A person with flaccid Cerebral Palsy has muscles that:

 A. Have jerky, uncontrolled movements.

 B. Are tense and contracted.

 C. Have reduced/diminished muscle tone.

 D. Have extraneous, uncontrolled movements.

 E. Are rigid.

1. Riding Exercises fall into two basic categories:

 A. Positive and negative

 B. Developmental and Corrective

 C. Practical and functional

 D. Basic and Advanced

1. The rider bar assists with mostly with:

 A. Tilting movements

 B. Twisting movements

 C. Pressure control movements

 D. Student can use the upper body to make A, B and C happen.

True or False Questions

T F 12. When giving feedback it is important to target the behavior and not the person.

T F 13. Tethers can be used to assist a rider with speed control and finishing a turn.

T F 14. Movement analysis is done only during the first part of a lesson.

T F 15. Movement analysis is only done on snow.

T F 15. When introducing equipment to the rider, it is important to understand how the tool will affect the snowboarding fundamentals.

T F 17. Using “the dance” to physically assist someone to snowboard is only used with student’s who have a visual impairment.

T F 18. You should always introduce a new skill on new terrain.

**Disability Awareness Questions**

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

19. \_\_\_\_Cerebral Palsy A. A sudden impairment of cerebral circulation in one or more of the blood vessels supply the brain. This interrupts or diminishes oxygen supply and commonly causes serious brain damage.

20. \_\_\_\_Spina Bifida B. Disorder that causes progressive and irreversible wasting of muscle tissue.

21. \_\_\_\_Frederick’s Ataxia C. A non-progressive, movement, muscle tone, or posture disorder caused by abnormal development of the brain before, during, or after birth.

22. \_\_\_\_Muscular Dystrophy D. A hereditary disease characterized by a progressive deterioration of the spinal column and cerebrum.

23. \_\_\_\_Cerebrovascular Accident E. A malformation of the spinal cord during fetal development.

24. \_\_\_\_ Amputation F. A progressive disease in which the immune system attacks the myelin sheath, causing communication problems between the brain and the body.

25. \_\_\_\_Multiple Sclerosis G. Congenital, traumatic, or surgical loss of a limb.

19 Questions or more correct = Pass 75%

18 or less questions correct = Fail