



**ROCKY MOUNTAIN DIVISION**  
Professional Ski Instructors of America  
American Association of Snowboard Instructors

## **Snowboarding 101 Examiner Outline**

### **Ride**

Riding- You will be assessed on your ability to ride at a proficient level in several different conditions and maneuvers. For example, you will need to show your ability to carve, skidded turns, switch skidded turns, basic freestyle, and off piste or bumps.

- Riding focus on stance and alignment
- Introduce the 6 fundamentals doing an exercise to illustrate each one.
- Riding improvement on skidded turns both forward and switch
- Rider feedback on carved turns
- Rider feedback on Bumps
- Rider feedback on basic freestyle ollies, nollies, jumps straight airs, boxes 50/50, on snow tail/nose presses, and on snow in the fall line 360's both front and backside.

### **Teach**

Teaching- You will be assessed in your ability to deliver a beginner progression to your peers illustrating knowledge and good communication skills so your students can learn.

People Skills- You will be assessed on how you manage yourself and other in a group. How you communicate and how you conduct yourself as a professional in the group.

#### *Level 1-4 Progression*

- Intro to gear
- 1 footed orientation
- Skating
- Straight glide on the flats, then hiking up and straight glide on a gentle pitch
- 1 footed J-turn focus on tilt and pivot
- 2 footed orientation how to stand up and then balance movements on the flats.
- Heel-side and Toe-side side-slips. The fundamental focus is tilt.
- Falling leafs. The fundamental focus is twist.
- Skidded traverse. The fundamental focus is longitudinal pressure
- Garlands The fundamental focus is pivot.
- C-turns The fundamental focus is vertical pressure and lateral pressure.

### **Movement Analysis/ Technical Understanding**

Movement Analysis- You will be assessed on your ability to watch a rider and break them down bio-mechanically on how they move to get the board to perform and how they can improve.

- Body movement issue
- Board performance result
- Turn outcome (i.e. tail washing out)
- Pick the main fundamental that is the issue

**PSIA**



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- Pick an exercise from the 1-4 progression that they will use to fix it.

Technical Understanding- You will be assessed in your overall knowledge of snowboarding in various aspects such as equipment, history, and culture.

- Define the 6 Snowboarding Fundamentals
- Relate snowboarding fundamental to personal riding development
- Speak to a variety of Snowboarding equipment and its impact on the rider