



## SNOWBOARD LEVEL 1 CERTIFICATION STUDY GUIDE

Use this study guide to help you prepare for the ITC. Learn as much of this information as you can on your own then team up with other instructors to study and review together. Both the written and on-snow parts of the ITC are represented in this study guide information. Be prepared to discuss any of the information in this guide, and bring any questions to the clinic leader at the event.

1. What does the acronym AASI stand for and when was AASI formed?
2. What is our Motto?
3. What states are in the AASI Rocky Mountain division?
4. What is the Responsibility Code? What is Park SMART/ Smart Style? Know each of the components of both.
5. Know several safety considerations and how to apply them.
6. Define STS and its concepts.
7. What is the Y Model and what are its components?
8. What is biomechanics?
9. What are the two fundamental movements of snowboarding?
10. What are the joints in the body that flex and extend?
11. Which joints are ball and socket joints?
12. What can flexion/extension do for board performance?
13. What can flexion/extension do for physical balance?
14. What are rotational movements?
15. What are balancing movements?
16. What are pressure control movements?
17. What can rotation do for board performance?
18. What can rotation do for physical balance?
19. What are progressive movements?
20. What are the four board performance concepts and how do the fundamental movements affect them?
21. Define Efficient, Effective and know the difference.
22. Know the differences of board stances: Regular, Goofy, Duck, and Pigeon.



23. Know the different board types and features and how each can effect snowboard performance.
24. What is torsional twist?
25. What are the phases of the turn?
26. Know the differences in definitions of skidded turns and carved turns.
27. What are most extended at edge change and most flexed at edge change turns?
28. What is Movement Analysis and what is its Process (OEP)?
29. When and how do we use Movement Analysis?
30. What are the three Reference Alignments and how do we use them?
31. What is T.I.D.?
32. What is a Cause and Effect Relationship? List some examples.
33. What are the Learning Styles, VAK and what is the difference between them?
34. What are the Teaching Styles, Direct and Indirect?
35. What are the components of the Teaching Model (Snowboard Technical Manual) and how do we use it?
36. How do we establish goals in our lessons?
37. What are the Technical Manual beginner exercises and how to present and perform them?
38. How do Children develop physically and mentally?
39. How does Children's snowboarding and teaching Children to snowboard differ from teaching Adults?
40. What is the Motor Learning Cycle? Know its' four steps and how to use it.
41. What is A.T.M.L. and how do we use it?

Know Definitions For These Additional Terms:

Skating, Straight Glide, J-Turn, Lift Riding, Side Slip, Falling Leaf, Traverse, Garland, C-Turn, Linking Turns, Slipping, Skidding, Sliding, Carving, Longitudinal Flex, Torsional Flex, Traditional Camber, Reverse Camber, Hybrid Camber, Flat Camber, Stance, Effective Edge, Sidecut, Freestyle, Freeride, Ollie, Nollie, Nose/Tail Press, Nose/Tail Roll, 50-50, Basic Turn, Dynamic Turn, Hypothermia, Gravity, Skeletal Structure and Muscular Structure

Recommended Reference Material: The AASI Snowboard Technical Manual, AASI Snowboard Teaching Handbook, Core Concepts for Snowsports Instructors Manual, and PSIA-AASI Children's Instruction Manual