



ROCKY MOUNTAIN

American Association of Snowboard Instructors



SNOWBOARD LEVEL 2 & 3

DEFINITIONS LIST

Abilities	Chatter	Extension
Absorption	Circumduction	Exteroceptor
Active	Cognitive (CAP Model)	Extrinsic (external) feedback
Affective (CAP Model)	Control phase of a turn	Extrinsic (external) motivation
Aft	Counter	Fakie
Alignment	Counter-rotation	Fall line
Angulation	Customer service	Falling leaf
Anticipation	Demonstrate	Finish phase of turn
Assess	Detune	Feedback
Auditory learner	Direct instruction	Flex
Back foot	Directional stance	Flexion
Balancing movements	Dorsiflexion	Fore
Base	Down un-weight	Forward lean
Binding angles	Duck stance	Friction
Binding placement	Duration	Free foot
Biomechanics	Edge	Front foot
Board performance	Edge angle	Garland
Blended	Edge change	Goofy foot
Camber	Edge control	Gravity
Cants	Effective edge length	Guide
Carved turn	Effective posture	Guided discovery
Center of Mass	Efficiency	Halfpipe
Centrifugal force	Eversion	Heel edge
Centripetal force	Exercise	Heel edge turn
	Experiential learning	Highback
	Extend	Hinge joint



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Hip projection	Platform	Sliding
Hip rotation	Plantar flexion	Slipping
Hybrid camber	Pressure distribution (control)	Snow types
Inclination	Pressure management	Split
Indirect instruction	Proactive	Stacking
Intensity	Progression	Stance
Initiation phase of the turn	Progressive	Stance angle
Intrinsic (internal) feedback	Proprioceptor	Steering
Intrinsic (internal) motivation	P-tex	Straight run
Inversion	Psychomotor	Student-centered teaching
Joint	Reactive	Student profile
Jump turns	Rebound	Switch
Kicker	Regular foot	Tail
Kinesiology	Retraction	Tangent
Kinesthetic learning	Reverse camber	T.I.D.
Lateral learning	Risk management	Tip
Lateral movements	Rotary movements	Tilt
Lesson plan / Action plan	Rotation	Timing
Longitudinal flex	Rotators	Toe edge
Most Extended at Edge Change	Separation	Toe side turn
Most Flexed at Edge Change	Sequential	Top sheet
Movement analysis	Sidecut	Torsional flex
Nose	Skidded turn	Transfer
Passive	Skating	Transition
Pivot	Skidding	Traverse
Pivot point	Skill	Turn Type / Size / Shape