



SNOWBOARD LEVEL 2 CERTIFICATION STUDY GUIDE

Use this study guide to help you prepare for your Level 2 Certification Preview Clinics and Exam. 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 Clinic and Exam are represented in this study guide information. Be prepared to discuss any of the information in this guide. If you are unsure of any answers bring the topic up to your clinic leader at the event.

1. What is AASI and when was it started?
2. What states are in the Rocky Mountain Division of AASI?
3. Know the Teaching Model and how to use it in a lesson.
4. Know the Teaching Cycle and how to use it in a lesson.
5. Know how to use Teaching Styles in a lesson.
6. Know how to recognize and use Learning Styles and Sensory Preferences in a lesson.
7. Know the Multiple Intelligences.
8. What are the symptoms and treatment of frostbite?
9. Know the CAP model and how it relates to a lesson.
10. Know the SCARF model and how it can be useful in a lesson.
11. What is Maslow's Hierarchy of needs and how does it relate to teaching snowboarding?
12. What is a Learning Partnership and how does it affect a lesson?
13. What is Movement Analysis?
14. Why is Movement Analysis important in a lesson plan?
15. List the MA Process (OEP) and the importance of each component?
16. What is STS? What are 3 concepts involved and how do they effect the Learning Pathway?
17. What are Fundamental Movements of Snowboarding?
18. Explain the Reference Alignments and how do we use them.
19. What is the difference between Angulation and Inclination?
20. What is the difference between Split, Pronation and Supination?
21. What does the acronym TID stand for? How do we apply it in our teaching and in our personal riding?



22. What are the phases of the turn and how do we identify the transitions?
23. What is biomechanics?
24. What are cartilage, ligaments, tendons, and muscles?
25. What is the difference between skeletal stance and muscular stance in riding performance?
26. Know the difference between hinge joints and ball socket joints.
27. Know the Responsibility Code and the Park SMART code
28. What is the Y Model and what are its components? Why is it important?
29. Know the difference between active or passive, whether in steering, absorption or movements.
30. How do you set up goals for your lessons?
31. Know what effective feedback is, how to present it, and how to use it in a lesson.
32. What are Piaget's Stages of Development?
33. What are effective exercises and how do you prepare to teach and perform tasks up to a level 7 student?
34. Explain the differences between most flexed at edge change and most extended at edge change turns? Can you demonstrate the differences?
35. What is the difference between counter and counter rotation?
36. What are the differences between using alignment or using separation?
37. What is the difference between open and closed questions?
38. What is the difference between instructor-centered and student-centered teaching?
39. What are the four stages in Motor Learning Cycle and how can they be used in a lesson plan?
40. Define Center of Mass.
41. What are the types of motivation? How do we identify these?
42. What is Kinesiology?
43. Know several freestyle maneuvers and their names.
44. What are some tuning techniques and how do they relate to board performance?
45. What is teaching for transfer?



46. What is the difference between torsional flex and longitudinal flex?
47. What is Newton's Third Law of Physics and how does it relate to snowboarding?
48. How do we know when to move students to more challenging terrain?
49. What are the pressure control movements?
50. What can flexion/extension do for board performance?
51. What can flexion/extension do for physical balance?
52. What can rotation do for board performance?
53. What can rotation do for physical balance?
54. What are the 4 Board Performances? How do we control these Board Performances, either to increase or reduce them, through the 2 Fundamental Movements?
55. Define Action Plan and explain why it is important.
56. What is the AASI Snowboard Instructors Motto?
57. Do you know the accident procedures and lost students protocol at your mountain?
58. What are ways to reduce risk to your students?
59. What are the 6 task descriptors and how do they apply to describing a turn or task?
60. Most Flexed and Most Extended at Edge Change are NOT the same as Crossover and Crossunder. What are the differences? How do we use each movement pattern?

Know Definitions for These Additional Terms:

Inversion, Eversion, Dorsiflexion, Plantar Flexion, Asymmetrical, Directional, Momentum, Deflection, Absorption, Progressive Movements, Progressive Edging, Hypothermia, Camber (Regular, Reverse, Flat or Hybrid), Cants, Chatter, Effective Edge, Sidecut, Freestyle, Freeride, Flexors, Extensors, Slipping, Sliding, Skidding, Carving, Garlands, Anticipation, Fakie, Switch, Fall line, Lateral learning, Sintered, Extruded.

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