ROCKY MOUNTAIN

American Association of Snowboard Instructors

Level 3 Movement Analysis Workbook

Location_____   Your Name_____

1. **What is the student's name?**_____

2. **What type of stance does the rider have?**

   A. Directional   B. Duck   C. Pigeon   D. Pheasant

3. **What is the student's primary motivation?**

   A. Internal   B. Outside   C. External   D. Mentoring

4. **What other sport(s) or activity did the student mention?**_____

5. **Did the student mention any injuries?**_____

6. **What is the student's dominant learning style?**

   A. Thinker   B. Feeler   C. Watcher   D. Doer

7. **Circle the appropriate task descriptors:**

   Direction: Forward   Switch

   Performance: Skidded   Carved

   Movement Pattern: Most Extended   Most Flexed   Retraction

   Turn Size: Small   Medium   Large

   Turn Shape: Open   Closed

   Upper/Lower Body: Separation   Aligned

8. Is the student in or out of Reference Alignment through the toeside turn and how?

		In	Out	If Out, How?	
Initiation	C o M			Inside/Outside	Fore / Aft
	Perpendicular			Open	Closed
	Parallel			Fore	Aft

		In	Out	If Out, How?	
Control	C o M			Inside/Outside	Fore / Aft
	Perpendicular			Open	Closed
	Parallel			Fore	Aft

		In	Out	If Out, How?	
Finish	C o M			Inside/Outside	Fore / Aft
	Perpendicular			Open	Closed
	Parallel			Fore	Aft

9. Is the student in or out of Reference Alignment through the heelside turn and how?

		In	Out	If Out, How?	
Initiation	C o M			Inside/Outside	Fore / Aft
	Perpendicular			Open	Closed
	Parallel			Fore	Aft

		In	Out	If Out, How?	
Control	C o M			Inside/Outside	Fore / Aft
	Perpendicular			Open	Closed
	Parallel			Fore	Aft

		In	Out	If Out, How?	
Finish	C o M			Inside/Outside	Fore / Aft
	Perpendicular			Open	Closed
	Parallel			Fore	Aft

10. Describe the student's rotary movements through the toeside turn.

Initiation: _____

Control: _____

Finish: _____

11. Describe the student's rotary movements through the heelside turn:

Initiation: _____

Control: _____

Finish: _____

12. What tactic(s) were used to manage the terrain?

    A. Turn Shape   B. Turn Size C. Performance   D. Movement Pattern

    E. Upper/Lower Body Separation

13. What joint was most flexed during the toeside turn?

    A. Lead Ankle   B. Trailing Ankle   C. Lead Knee D. Trailing Knee

    E. Hip   F. Lower Spine   G. Upper Spine

14. What joint was most extended during the toeside turn?

    A. Lead Ankle   B. Trailing Ankle   C. Lead Knee D. Trailing Knee

    E. Hip   F. Lower Spine   G. Upper Spine

15. What joint was most flexed during the heelside turn?

    A. Lead Ankle   B. Trailing Ankle   C. Lead Knee D. Trailing Knee

    E. Hip   F. Lower Spine   G. Upper Spine

16. What joint was most extended during the heelside turn?

    A. Lead Ankle   B. Trailing Ankle   C. Lead Knee D. Trailing Knee

    E. Hip   F. Lower Spine   G. Upper Spine

17. Choose the dominant board performance through the toeside turn?

Initiation: A. Twist   B. Pivot   C. Pressure   D. Tilt

Control: A. Twist   B. Pivot   C. Pressure   D. Tilt

Finish: A. Twist   B. Pivot   C. Pressure   D. Tilt

18. Choose the dominant board performance through the heelside turn?

Initiation: A. Twist   B. Pivot   C. Pressure   D. Tilt

Control: A. Twist   B. Pivot   C. Pressure   D. Tilt

Finish: A. Twist   B. Pivot   C. Pressure   D. Tilt

19. Describe a cause & effect chain (body-body–board–outcome) for the toeside turn.

_____

_____

___ _____ _____

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20. Describe a cause & effect chain (body–body-board–outcome) for the heelside turn. ___

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21. Which turn would you address first?

   A. Toeside   B. Heelside

22. Which phase of the turn would you address first?

   A. Initiation   B. Control   C. Finish

23. Create a lesson plan to address one of your cause and effect relationships.

Static: _____

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_____

Simple: _____

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_____

_____

Complex: _____

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Freeride: _____

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FOR EVALUATOR USE ONLY

Notes:

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Pro Knowledge Question: _____

Candidate Answer: _____

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Pro Knowledge Question: _____

Candidate Answer: _____

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