

## L1 MA Instructions for Use

To obtain the most value from this material follow the “Order for Review” for the materials.

Order for Review	Folder or File name	Contents
1	Instructions for Use	Tells you how to use the materials
2	Alpine L1 MA Tool-Understanding MA through the Beginner Zone	This file contains pictures and videos of different movements and explains the ski and body performance for each picture. This is an informational file with a few questions at the end. Correct answers will be revealed once the quiz section is submitted.
3	Alpine L1 MA Tool-Practice with video	This file contains information as to what the L1 instructor is expected to demonstrate to be successful at MA for a L1 exam. To help you understand each of the Assessment Criteria, there is a yellow shaded template for you to write down your answer followed by a green shaded template where the pros have provided answers. This sequence is followed for each of the five Assessment Criteria. The same video is used through all the assessments.
4	Alpine L1 MA Tool- Quizzes	Five Quizzes for Stance, Prescription, Equipment, Cause and Effect, Wedge and Wedge Turns. Correct answers will be revealed once the quiz is submitted. Don't assume if you pass the quizzes you are good to go. The quizzes are designed to help you learn the language around ski and body performance and focus your eye to different movements.

Please direct any of your questions or comments to Libbie Sheldon; [elsheldon@sbcglobal.net](mailto:elsheldon@sbcglobal.net)