

Senior On-Line Written Test

Circle all that apply, could be any combo of answers, or just one.

1. An outcome-based lesson is:
 - a) Started on easy terrain
 - b) Experiential learning
 - c) Formulated from questions and answers
 - d) Not important in skiing

2. The most important motivation for Senior skiers:
 - a) People
 - b) Travel
 - c) Outdoors
 - d) Exercise

3. What must a Senior overcome to improve:
 - a) Fear
 - b) Excessive rotary moves
 - c) Mindset
 - d) Embarrassment

4. What is a hard thing to change with a Senior skier:
 - a) Judgment and decision strategies
 - b) Stance
 - c) Physical limitations
 - d) Utilizing harder terrain

5. The affective atmosphere of a lesson is created by:
 - a) Peer group
 - b) Weather
 - c) Instructor
 - d) The ski resort

6. Fear in Seniors is a function of:
 - a) Less confidence
 - b) Speed and terrain
 - c) Poor instruction
 - d) Outdated equipment

7. Thru positive affirmation, an instructor builds:
 - a) Good tips
 - b) Faster lesson progress
 - c) Trust
 - d) Repeat business

8. An important question asked a Senior client:
 - a) How long have you been skiing?
 - b) Do you have any physical limitations?
 - c) When was your last lesson?

- d) How many times a year do you ski?
9. An important instructor decision would be:
- a) Terrain choice
 - b) Length of lesson
 - c) Group size
 - d) Appropriate clothing
10. Two footed means:
- a) Stepping
 - b) Foot to foot
 - c) Balance
 - d) Tracking on both skis
11. An important aspect of a long Senior Clinic is:
- a) Pacing
 - b) Keep the lesson moving
 - c) Less talk
 - d) Interactive games
12. Proper pole technique should be:
- a) During extension
 - b) During flexion
 - c) In time with the downhill flow
 - d) Quick and aggressive
13. One element important to Senior Skier's technique is:
- a) Low impact
 - b) Consistent steering
 - c) Tall stance
 - d) Learning carving turns
14. An acceptable movement for a Senior with knee issues would be:
- a) Angulation
 - b) Banking
 - c) Upper body rotation
 - d) Wedge Christies
15. Equipment considerations for Seniors should be:
- a) Stiffer forward flex boots
 - b) Slight negative canting
 - c) 17-meter turning radius skis
 - d) Forward position with higher ramp angle
16. Rusty Crook classifies Senior Skiers into 4 groups. They are:
- a) Based on 4 age groups
 - b) Green, blue, black, double black
 - c) Rippers, explorers, cruisers, rookies

- d) First-timers, rookies, MVPs, advanced
17. Basic drills for an intermediate zone skier would be, except:
- a) Falling leaf
 - b) Short radius and entry-level bumps
 - c) Fan progression Christies
 - d) Patience turns
18. Scarving is blending a carve and a skid:
- a) True
 - b) False
19. Is the social aspect important in a Senior Program:
- a) True
 - b) False
20. Seniors tend to grasp all the details instead of the Big Picture:
- a) True
 - b) False
21. At your Mountain, a Senior Program should offer:
- a) Consistent meeting place
 - b) Reasonable cost
 - c) Travel events
 - d) Saturday and Sunday clinics
22. A blending of the skills is less important with Seniors:
- a) True
 - b) False
23. Static positions are defined as:
- a) Park and ride
 - b) Smooth and flowing
 - c) Skill blending
 - d) Flowing downhill

**THE PURPOSE OF THIS WRITTEN ONLINE TEST IS TO MOTIVATE YOU TO READ AND REVIEW THE MANUAL.
KNOWLEDGE OF THE SENIOR MANUAL IS CRITICAL IF YOU ARE TO PASS THE ACCREDITATION.**

BRING THIS COMPLETED TEST WITH YOU TO THE ACCREDITATION EVENT

