

PSIA



AASI

WESTERN DIVISION

Professional Ski Instructors of America

American Association of Snowboard Instructors

NORDIC

TELEMARK

Level I

Study Guide

PSIA West Telemark Level 1 Take Home Study Guide Worksheet

The following questions will help you prepare for the technical portion of the exam. Please give clear and concise answers in short essay form. Please return the test to the address below at least **TWO WEEKS** prior to the exam you plan on attending. You must turn in a completed test in order to pass the technical portion of the exam.

1. Why might we teach out students to wedge turn before teaching them to do parallel or telemark turns?
2. What are the components of the Responsibility Code? How do we teach "The Code" to our students? What is the most important rule in all ski lessons?
3. How are Telemark turns and parallel turns similar? How are they different?
4. Describe a basic athletic stance. Why is an athletic stance important?
5. What is the Learning Partnership? How does it work?
6. Explain some different types of rotary movements. What type of rotary movement should we teach in our beginner lessons? Why?
7. There are 5 teaching styles. Explain each. Which styles are more effective with beginners?
8. What are the Stepping Stones and how do you use them?
9. Give an example of progression use in a ski lesson and explain why it is important.
10. Describe the components of a lesson plan. (The Teaching Cycle)

When finished please send to:

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