

AASI-NRM Level I Workbook

Certification Requirements

A level one member can perform and demonstrate comprehension of AASI concepts. He or she can explain, illustrate, describe and expand on these concepts using their own words. One can grasp the meaning and intent of the material, in addition to interpretation and summarization.

Workbook

This workbook is meant as a check for understanding. Completion will demonstrate the ability to find and process information from educational documents to augment teaching and learning experience. This is just one part of the exam process. The whole exam will be graded based on real-life situations and clinics performed by an examiner.

Name: _____ Date: _____

What does S.T.S stand for? _____

The learning pathway within the STS is defined by what three concepts?

- 1.
- 2.
- 3.

What are the three advanced styles of riding defined in the Y model?

- 1.
- 2.
- 3.

What are the three fundamental movements?

- 1.
- 2.
- 3.

The snowboard, when reacting to the fundamental movements, can be described by the following four performance concepts.

- 1.
- 2.
- 3.
- 4.

List the seven points of "Your Responsibility Code".

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

List two different ways an instructor can check for understanding?

- 1.
- 2.

What are two different ways to develop rapport in a snowboard lesson?

- 1.
- 2.

The correct order of the three core values of snowboard instructing is:

- A. Fun, Learning, and Safety
- B. Learning, Practice, and Safety
- C. Safety, Fun, and Learning
- D. Learning, Fun, and Skill Development

What are the three primary avenues for receiving sensory information?

- 1.
- 2.
- 3.

- | | | |
|---|---|---|
| T | F | New instructors tend to teach in the same way that they learn. |
| T | F | As an instructor, you can assume that the majority of your students will respond best to an accurate technical description of the task at hand. |
| T | F | Asking your student where to look when merging with another trail is a good example of how to teach the "Responsibility Code". |
| T | F | Pivoting is one of the four performance concepts. |
| T | F | "Call Down" is the only good way of assessing your class. |
| T | F | Exercises in a progression should be in random order. |

Rotary movements can involve:

- A. The body as a whole.
- B. One part of the body relative to another.
- C. Only the upper torso.
- D. None of the above.
- E. A & B.

The Teaching Pattern includes the following four steps:

- 1.
- 2.
- 3.
- 4.

T F The Teaching Pattern is meant to be used in a linear fashion.

When establishing goals for a lesson, the instructor should set them so they are:

- A. Safe, easy, and nonspecific.
- B. Specific, measurable, and achievable.
- C. Addressing whatever the student wants.
- D. Meeting the goals of the instructor.

If you proposed to your student: “ride your snowboard like your surfboard”, then discussed the outcome,

you would be using _____ instruction.

Define the term “split” when referring to binding angles and give an example of a 20 degree split.

What’s a great way of letting your students know that you’re listening to them?

Adding forward lean to a rider’s highbacks can:

- A. Help the rider maintain knee flexion.
- B. Offer support when heelside edging.

- C. Increase board responsiveness.
- D. All of the above.
- E. None of the above.

Define the following terms:

Ligament

TODA

ATML

Smart Style

AASI

Carve

Switch

CAP Model

3 Reference Alignments

Pacing

Center of Mass

Camber

Student Centered Teaching

Skidding

Effective Edge

Objective Feedback

Judgmental Feedback

What four social factors are influential to the learning environment?

- 1.
- 2.
- 3.
- 4.

Fill in the appropriate Performance Concept to complete the corresponding definition.

_____ is the difference in edge angle between the tip and tail of a snowboard during a maneuver.

_____ represents the amount the long axis of the snowboard is offset relative to its direction of movement.

_____ is the amount (in degrees) that the board is tilted on its edge relative to the snow.

_____ represents how the rider's weight and any additional pressure are applied along the length of the snowboard.

What does T.I.D. stand for?

- 1.
- 2.
- 3.

What is meant by "Multiple Intelligences"?

- A. Students may have different levels of intelligence throughout the day.
- B. Students may have different personalities.
- C. Students may have different patterns for learning and development.
- D. Students may have different intelligence levels.

Stance width can be described as:

- A. The distance between the insides of the bindings.
- B. The distance between the centers of the bindings.
- C. The distance between the outsides of the bindings.
- D. The distance between your feet, shoulder width apart.

What are three ways to determine goofy or regular stance for a new rider?

- 1.
- 2.
- 3.

What is the purpose of camber?

Please explain why a greater slope angle will minimize the potential for a slip to turn into a slam.

What are two common problems that beginner snowboarders encounter when trying to link turns for the first time?

- 1.
- 2.

Please describe two tasks that will correct the two common difficulties that you listed above.

- 1.
- 2.

In 1987 Parade Magazine claimed that snowboarding was the _____ new sport of the year.

- A. Best
- B. Worst
- C. Most extreme
- D. Most dangerous