



AASI Activity List

Descriptor	Description
Extending Edge Change	Rider extends joints of the body and their legs are at the most extended length in their range of motion just prior to edge change. DIRT and ROM dependent on turn size, shape, snow conditions, and riding goals. Can result in an up-unweighting pressure release outcome.
Flexing Edge Change	Rider flexes joints of the body and their legs are at the most flexed length in their range of motion just prior to edge change. DIRT and ROM dependent on turn size, shape, snow conditions, and riding goals. Can result in a down-unweighting pressure release outcome.
Retracting Edge Change	Rider brings the snowboard closer to the center of mass by rapidly flexing the ankles, knees, and hip joints by pulling the snowboard towards the CoM. While the board is moving closer to the center of mass, there is not a noticeable movement of the center of mass up or down. This can result in a rapid edge change and unweighting outcome. Most commonly occurs combined with Flexing at Edge Change movements.
Up-Unweighting	A quick leg extension producing a momentary pressure reduction when a snowboarder's center of mass reaches the top of its movement
Down-Unweighting	Flexing the ankles, knees, and hips to decrease pressure against the board. The decrease in pressure occurs until the center of mass slows.
Turn Type: Skidded	A turn in which the edge slips laterally as it travels forward; or a turn that is not carved. Utilizes more muscular rotary movements than a carved turn to cause the snowboard to turn. Turns where the tail takes a larger arc than the nose and the board is allowed to skid through twist and pivot. Smooth skidding throughout the turn with even blending of flexion, extension, and rotation throughout the turn. Speed control through turn shape and management of skid. Symmetrical DIRT, turn shape, body movements, and board performances toe side & heel side.
Turn Type: Carved	Turns with minimal skidding by tipping the snowboard on edge and allowing the shape of the board to create a turn with minimal lateral slipping or skidding. Carved turns display clean, long arcs in the snow as the entire edge of the snowboard passes through the same point in the snow. Speed control through management of forces relative to board sidecut. Symmetrical DIRT, turn shape, body movements, and board performances toe side & heel side.
Turn Size	Small, Medium, Large radius turns (approximate sizes). Small = 1 groomer track wide (4.5 meters = 15 feet) Medium = 2 groomer tracks wide (9 meters = 30 feet) Large = 3 or more groomer tracks wide (13.5+ meters = 45+ feet)
Turn Shape: Open	Turns where the board turns approximately 45° - 60° and predominately points downhill at the end of the turn. Does not bring the nose of the board across the fall line at the finish of the turn. Nose of board is directed more down the hill than across the hill in the finish phase.
Turn Shape: Closed	Turns where the board turns approximately 80° - 90° across the hill and predominately points across the hill at the end of the turn. Brings the nose of the board across the fall line at the finish of the turn. Nose of the board is directed more across the hill than down the hill in the finish phase.
Alignment: Aligned	An athletic stance where the upper body remains lined up parallel to the snowboard and maintains alignment with the snowboard and the terrain through all 3 phases of the turn. Excessive leaning laterally or fore/aft is minimized. Rotation of the upper body maintains the same Rate as the board pivots. Steering of the snowboard is generated with ankles, knees, and hips, and the upper body will move with the snowboard.
Alignment: Lower Body Steering	Steering of the snowboard is generated with ankles, knees, and hips, and the upper body does not move in concert with the snowboard in all three phases of the turn. The snowboard is able to be steered independent from any turning or rotational forces generated from the upper body. Steering of the snowboard can be isolated from and is not reliant on any rotational or counter-rotational movements of the upper body. Independent and sequential flexion/extension of the joints of the lower body will be necessary to steer the snowboard.
Alignment: Lower Body Steering under a stable Upper Body	Steering of the snowboard is generated with ankles, knees, and hips, and the upper body does not move in concert with the snowboard through all three phases of the turn. The snowboard is able to be steered independent from any turning or rotational forces generated from the upper body, and the upper body can remain quiet and stable independent from the turning outcomes of the snowboard. The upper body can move independent of the turning forces from the snowboard and can demonstrate minimal rotational movement relative to how the lower body or the snowboard are rotating/pivoting. Steering of the snowboard can be isolated from and is not reliant on any rotational or counter-rotational movements of the upper body. Independent and sequential flexion/extension of the joints of the lower body will be necessary to steer the snowboard.
Board/Surface Contact	Maintaining contact between snowboard and snow surface at all times during specified activity.
Offset	The degree to which base of support moves away from the center of mass through the apex of the turn.