



Children's Specialist 1

Workbook



Name/Date: _____

Safety Awareness

1. The instructor should assess each student's clothing prior to the start of the lesson. List four (4) important items of clothing/equipment each child should have.
 - a.
 - b.
 - c.
 - d.
2. What would you include in a discussion about lift safety? (Circle all that apply)
 - a. Explain unloading procedures
 - b. Remind children to sit with their backs to the back of the chair
 - c. Horseplay is OK if the safety bar is down
 - d. Draw two lines in the snow, have the kid's pair up and practice
 - e. Remind children to brush off the snow on their skis while on the chair lift

3. Pick ONE of the 7 points of the Responsibility Code.

The POINT you picked is: _____

Describe how you would incorporate the POINT into a lesson for the following age groups:

Age 3-6

Age 7-12

4. To make sure each student is prepared to begin a safe, successful day, ask students or their parents the following questions before beginning the lesson.
 - a. Where and when can the parents meet the child at the end of the day?
 - b. What is Plan B for the child who has had enough and cannot continue?
 - c. Are the children's clothing and equipment appropriate and functioning?
 - d. Any medical, allergies or special considerations related to the child?
 - e. All of the above

5. Describe how you organize a class of 4-6 year olds to load a chairlift at your resort.

How are they partnered? _____

What safety issues are addressed? _____

How are they occupied during a long wait? _____

Teaching Knowledge - BUILDING BLOCKS FOR TEACHING

Learning Partnership

6. The Student Profile plus Instructor Behavior equal the Learning Partnership.

True False

7. A Learning Partnership should remain static once the partnership is established.

True False

8. When you thoroughly understand the elements influencing the Student Profile, you're better prepared to mold your actions (Instructor behavior) to create a positive learning partnership.

True False

9. When learning a snow sport a partnership is formed between the student and the instructor; what are six aspects to consider when developing a student profile? (circle all that apply)

a.

b.

c.

d.

e.

f.

Teaching Model and Teaching Cycle

10. The Teaching Cycle is a component of the Teaching Model.

True False

11. The Teaching Cycle is a step by step linear process.

True False

12. List the four stages of the Teaching Cycle for Children.

- a.
- b.
- c.
- d.

13. Goals and objectives are the same thing.

True False

14. Objectives represent which of the following:

- a. Outcome
- b. Trickle-down effect
- c. Process
- d. Goal

15. Describe two primary actions that take place under each phase of the Teaching Cycle.

Play:

Play:

Drill:

Drill:

Adventure:

Adventure:

Summary:

Summary:

Learning Preferences

16. All children basically prefer to learn the same one way.

True False

17. Watchers, feelers, doers, thinkers can be terms used for different kinds of:

- a. Goals
- b. Learning Preferences
- c. Teaching styles

18. What is your dominant “preference for learning” style? Explain how you know?

19. What does the acronym VAK stand for? Give a brief definition of each.

V:

A:

K:

20. The way a lesson is presented is commonly defined as:

- a. Command style
- b. Instructors choice
- c. CAP Model
- d. Teaching style

21. Describe the difference between the Command teaching style and the Task teaching style?

22. An instructor that leads students through a series of activities in order to help them learn one specific outcome is utilizing which of the following teaching styles?

- a. Reciprocal
- b. Guided discovery
- c. Student learning
- d. Lateral learning

23. In your own words, define the term multiple intelligences? What is your preferred multiple intelligence? How do you know?

Parent Partnership

24. Describe the parent's role in the learning partnership.
25. Describe three (3) steps an instructor can take to help develop a partnership with parents to solve problems.
- a.
 - b.
 - c.
26. How can you use the CAP Model to describe how you obtain information about your student from a parent prior to the start of the lesson?
- C _____
- A _____
- P _____
27. Give an example of how you would verbally express a child's progress to a parent at the end of a lesson.

Lesson Planning

28. Stepping Stones is a model used to help instructors determine what skill(s) to teach to help a student reach the desired goal or outcome.
- True False
29. A great lesson follows a logical format and includes a beginning, middle and end.
- True False
30. The Teaching Cycle is the component of the Teaching Model that outlines recommended instructor behaviors throughout a lesson.
- True False
31. Presenting new information or movements at the end of the day or right before lunch is recommended.
- True False
32. The concept of taking new learning into a variety of situations, exploring it from many angles and applying the learning in new situations helps establish understanding and ownership of skill is an example of:
- a. Generalization
 - b. Lateral learning
 - c. Layering learning
 - d. Guided discovery
33. You have a class of "Beginning Zone" 7 year olds with one child that insists on following directly behind you. Describe how you would teach this child that others deserve the same opportunity?
34. List one way to move your class down the hill and the pros and cons of this.

35. Which of the following tactics can be used to improve the odds of not losing a child? (Circle all that apply)
- a. The teacher skis/rides close to the group
 - b. Group stops at short intervals along the slope
 - c. Use the buddy system
 - d. Ski/ride as fast as possible through all intersections
 - e. Have a specific meeting place on all runs
 - f. Let the child know what to do if separated from the class

The CAP Model

36. What do the three letters of the CAP model stand for?

C _____

A _____

P _____

37. The _____ category refers to the way children think.
38. The _____ category refers to the way children feel.
39. The _____ category refers to the way children move.
40. At which of Piaget's Stages of Development do children start seeing the world from more than one perspective? State one real life example you have observed.

41. The CAP Model is used to give insight into how children think, feel and move.

True False

42. The CAP Model can be used for every student including adults.

True False

43. Affective Development is related to:

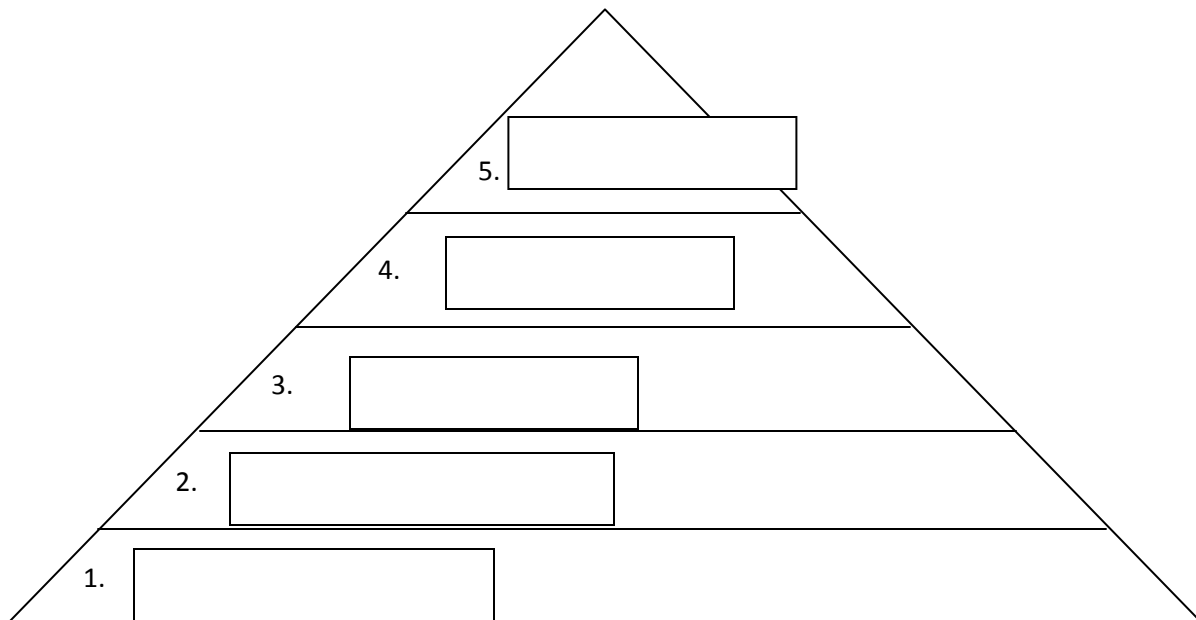
- a. How children feel about themselves
- b. How children feel about others
- c. How children feel about the world
- d. A & B
- e. A, B & C

44. The cognitive, affective, and physical development for each child occurs at the same rate.

True

False

45. List the five Stages of Maslow's Hierarchy of Needs and briefly describe the characteristics of each.



46. A person who is self-actualized:

- a. Meets the other four (4) needs of the hierarchy
- b. Has an attitude of self-worth
- c. Asks assistance to take care of their physiological needs if needed
- d. All the above

47. A child between 7-12 years old should be able to follow a series of three (3) directions.

True

False

Indicate which of the following statements apply to older children with an “O” and which apply to younger children with a “Y.”

COGNITIVE

- 48. _____ Reasoning is based on appearances, how things look and happen
- 49. _____ Is able to understand rules and consequences
- 50. _____ Is not able to reverse a series of directions or thoughts
- 51. _____ Often overestimates abilities
- 52. _____ Believes the world revolves around them (egocentric)
- 53. _____ Can follow instructions with three (3) or more items

AFFECTIVE

- 54. _____ Non-competitive, playing is winning
- 55. _____ Wants to be part of the group, influenced by peers
- 56. _____ Learning to share and play with other children
- 57. _____ Cooperation is part of play
- 58. _____ Is not concerned with perfection
- 59. _____ Needs constant reminders of specific safety guidelines
- 60. _____ Participation, not end result is important
- 61. _____ Sets goals and works to accomplish them

PHYSICAL

- 62. _____ Able to move upper body in opposition to lower body
- 63. _____ Whole body tends to move as a single unit
- 64. _____ Well-established fine motor movements
- 65. _____ Center of mass is located higher in the body
- 66. _____ Tires quickly
- 67. _____ Has a short attention span

68. Match the four stages of development theorized by Jean Piaget to the approximate age that children enter each stage.

<u>STAGE</u>	<u>AGE</u>
____ Sensori-motor	a. 11 years and older
____ Pre-operational	b. 2-7 years
____ Concrete operational	c. Birth – 2 years
____ Formal operational	d. 7-11 years

69. A child's physical and mental stage of development will affect the way they learn.

True False

70. Which behavior is most likely to be observed when teaching 3-6 year old children? (Circle all that apply)

- a. The child may burst into tears when parents drop them off for lessons
- b. When several directions are given at once, young children are able to follow with little difficulty
- c. Young children do not care if they receive any personal attention
- d. Children will learn best through lengthy discussions, not through activities

71. Children ages 4-6 years old may have difficulty following directions when they: (Circle all that apply)

- a. Receive too many directions at once
- b. Receive directions while they are trying to do a task
- c. Are confused by the directions
- d. Can't hear the directions clearly
- e. When they already know the task

72. The principles of physical growth and development in children include: (Circle all that apply)

- a. Control moves from the head down and the trunk out.
- b. Large movement control comes before small movement control
- c. Movement control occurs at the same age for all children
- d. Whole body rotational movements, laterality and oppositional understanding conversations

73. Young children move their bodies as a whole. As a result, they may have difficulty moving one side of the body in opposition to the other and they may have difficulty separating upper and lower body movements.

True False

74. Circle the answers below that describe how you adjust your teaching based on the fact that children develop the ability to distinguish between left and right roughly between ages 5-6.
- a. Face away from students when demonstrating right or left so that you're left and the children's left is the same
 - b. Indicate direction using visual cues (unique trees, cut-out figures, and ribbons) as well as the words "right" and "left"
 - c. Repeat the same directions over and over again, louder and louder
75. Children may sit back when skiing or riding because: (Circle all that apply)
- a. The terrain is too steep
 - b. A lower center of gravity allows them to
 - c. They may be unable to flex their ankles
76. Describe why understanding children's physical development is important when teaching.
77. Define the term "development of coordination."

Behavior Management

78. Describe five (5) steps for solving problems with children.

- a.
- b.
- c.
- d.
- e.

79. When handling behavior management issues it is recommended to use threats instead of consequences.

True False

80. When working through behavior issues it's recommended to talk about what you will allow, not about what the student can or can't do.

True False

81. It is important to set clear, consistent guidelines regarding class behavior when teaching children.

True False

82. Positive reinforcement should be given after appropriate behavior is exhibited.

True False

83. When dealing with a challenging student:

- a. Try to determine if there is a physical source of problems
- b. Try to determine if the student understands the expected behavior/task
- c. Try to determine if the student being expected to perform too highly
- d. All of the above

84. Define what the letters in the acronym ADHD stand for?

A _____

D _____

H _____

D _____

85. Briefly describe the behaviors that those with ADHD exhibit.

How Children Learn

86. Developmental maturity of the senses affects:

- a. Bodily responses to input
- b. What information the brain receives
- c. A & B
- d. None of the above

87. Auditory maturity in children:

- a. Comes at roughly the same time as visual maturity (this is true in book BUT not really true)
- b. Involves being able to pay attention to one sound among many
- c. Affects a good instructor's choices in where to stop
- d. All of the above
- e. None of the above

88. The maturity of the perceptual motor system is a function of the child's physical and cognitive development.

True False

89. Younger children see things in the distance more clearly than they see nearby objects.

True False

90. Define the following terms:

- a. Reversibility

- b. Laterality

- c. Directionality

91. According to Kohlberg, what is meant by “moral development?” How might this impact your teaching?

92. At the start of the season, a 12 year old may need to re-learn skills he’d mastered previously if he has experienced a growth spurt.

True False

Ski and Snowboard Specific

93. Typically, the most appropriate gear for children will have a softer flex.

True False

94. The ski or snowboard length for children generally will be between their chest and their chin.

True False

95. When a child arrives with boots on the wrong feet, the instructor should not worry, because it doesn’t really matter for young children.

True False

96. In snowboarding the _____ describe what the body does and the _____ describe what the board does.

97. Skeletal support makes the toe side sideslip easier for younger riders.

True False

98. Which of the following description of arm positioning would be most effective when teaching 4 – 6 years old riders?

- a. At the top of their heads like a trapeze artist
- b. Hands over tip and tail
- c. Hands pointed downhill like a ski racer
- d. Pointed uphill to avoid being overly countered

99. Explain why a heel side turn tends to be easier than a toe side turn for young children.
100. A 5 year-old snowboarder cannot get up from a seated position; she can only get up facing uphill, from her knees, onto her toe edge. This is a result of:
- a. Her center of mass is higher up her body compared to an adult
 - b. Her underdeveloped abdominal muscles
 - c. Her small hand size
 - d. None of the above
101. Explain why young children often make ski turns primarily using the outside leg.
102. Young children develop control of the muscles supporting their head and torso before those controlling their limbs and extremities. Describe at least two possible effects on a child's skiing or riding.