

~Level II Pre-Exam Checklist~

This checklist is intended to help candidates self assess and evaluate their level of understanding, preparation and readiness to take the Level II Exam.

A. Reference Materials: (Are you familiar with the content of the following?)

1. AASI Certification Guide-- available online at www.psia-nw.org
2. AASI Snowboard Manual
3. AASI Snowboard Movement Analysis Handbook
4. PSIA Park and Pipe Instructors Guide
5. PSIA Core Concepts For Snowsports Instructors
6. PSIA Children's Instruction Manual

B. Riding Preparation:

1. Do you understand the expected level of riding proficiency required by the AASI National Standards as it is presented in the 'Y' model?
2. Have you practiced all AASI-NW Level II exam tasks to 80% proficiency?
3. Can you identify your own areas of strengths and deficiencies?
4. Are you comfortable with the current "image" of snowboarding AASI is striving for?
5. Do you feel you have full access to the 4 Ranges of Movement (ROM) with your current stance and riding style?

C. Teaching Preparation:

1. Are you comfortable in your understanding and use of the teaching model?
2. Have you developed progressions for skills and tasks up to level 4 riding?
3. Are you prepared to teach an assigned topic/task, as well as choosing a topic/task for yourself?
4. Are you prepared to present this information in front of a group of your peers and examiners?

D. Movement Analysis Preparation:

1. Can you use body-part specific language to describe movements?
2. Do you utilize multiple methods of observation to identify and analyze movement patterns in snowboarders?
3. Do you understand *effective and efficient riding* through Level 4?
4. Do you understand cause-and-effect relationships between movements and resultant snowboard performance through Level 4?
5. Can you offer positive, logical feedback to help improve a person's snowboarding?

E. Pass or Fail to Qualify Preparation:

1. Are you prepared to do your best and pass?
2. Are you prepared to do your best and fail to qualify and can you use the exam as a learning experience and return once you are more prepared?

NOTE: Although candidates will be given every reasonable chance to succeed during the exam it is expected that the candidate will come to the Exam well prepared to ride and teach regardless of snow conditions and all other environmental factors.

Movements in Riding

Smooth movements make smooth riders and smooth riders make smooth movements.

1. The rider will flex and extend ankles, knees, hips and spine to stay balanced over his/her feet.
 - a. Both legs are able to be equally flexed or extended
 - b. Body flows with the board using flexion and extension movements
 - c. Board is able to flow over the terrain
 - d. Rider shows fluid motion as a result of continuous, coordinated movements
2. Engage and release board edges with diagonal movements of the feet, ankles, knees and hips.
 - a. Board edge engages early in the turn
 - b. The edge is released and engaged with smooth, continuous movements using flexion and extension
 - c. Board is twisted by movements of the feet and legs
3. Turning movements originate in the feet and legs to guide the board through turns.
 - a. Active and continual flexing and extending of the ankles and knees
 - b. Smooth movements of the feet and legs to maintain contact with the snow (when desired)
 - c. Legs lengthen and shorten throughout the phases of the turn
4. Maintain balance over the engaged edge.
 - a. Center of mass is constantly adjusting to keep aligned over the engaged edge
 - b. Hips are centered between the feet and knees remain over the feet
 - c. Center of mass is constantly adjusting to maintain centered stance tip-to-tail
5. Direct upper body and arm movements to flow with the board.
 - a. Shoulders are parallel to ankles, knees and hips, which are relatively perpendicular to the front foot
 - b. Arms and hands remain quiet unless needed to regain balance or to help prepare for a maneuver
 - c. Maintain a stable and quiet upper body to allow the feet and legs to make efficient movements