



Three Track – Four Track Written Exam

Name _____

Score _____

School _____

1. The patella is also called the _____.
2. Compared to an adult, a child's center of mass is located slightly _____ (lower/higher) in the torso.

Match the concepts on the left with their descriptions on the right

- | | |
|-----------------------------------|---|
| 3. _____ Paper-clipping | A. Disorder resulting from anoxia to the brain before, during or shortly after birth |
| 4. _____ Multiple Sclerosis | B. Medications prescribed for blood clot prevention |
| 5. _____ Cerebral palsy | C. Hereditary disease appearing in childhood, involving steady, progressive degeneration of spinal column and cerebrum |
| 6. _____ Epilepsy | D. Used for students who are unable to hold their legs in a wedge |
| 7. _____ Arthrogyrosis | E. Amputation in which half of the pelvis and the associated leg are gone |
| 8. _____ Anti-coagulant | F. Chronic inflammation of the spine. Bones will often fuse |
| 9. _____ Parallel progression | G. Progressive disease that causes the myelin sheath around nerve cells to become scarred or to disappear so that the nerves no longer transmit the necessary signals |
| 10. _____ Friedreich's ataxia | H. Medications that control nausea and vomiting |
| 11. _____ Outriggers | I. Tubular frame for trunk and forearm support |
| 12. _____ Hemipelvectomy | J. Bamboo pole held at waist or chest height. Instructor and student ski beside each other. |
| 13. _____ Single long pole assist | K. Forearm crutches with a regular or lightweight ski tip mounted at the base |
| 14. _____ Antiemetic | L. Condition of having immovable joints |
| 15. _____ Ankylosing Spondylitis | M. Disorder characterized by disturbed electrical rhythm of the nervous system and typically manifested by lapses of consciousness and/or seizures |
| 16. _____ Slider | N. Clamp type device with a hook and eye assembly, which screws to the tips of the skis |
| 17. _____ Ski-bra | O. Occurs when the skier bends forward at the waist and relies excessively on the outriggers |

18. Outriggers bouncing and skipping on the snow indicate _____ (too much/too little) brake.
19. Flexing and extending in a turn are:
- A. Rotary movements
 - B. Pressure control movements
 - C. Balancing movements
 - D. Edge Control movements
 - E. Steering movements
20. A joint in which a convex part of one bone fits into a concave part of another, allowing motion in only one plane is called a _____ joint. Knee and finger joints are examples of such joints.
21. Garlands are turns that emphasize:
- A. The shaping phase of a turn
 - B. The transitional phase between turns
 - C. The initiation and finishing phases of a turn
 - D. Edge and pressure control movements
22. When teaching three-track skiers to turn, the first turn typically should be _____ (toward/away from) the side without the ski in order to utilize the student's strengths.
23. For a four-track skier, which of the following devices may help if the skier is unable to move the legs laterally?
- A. Spacer bar
 - B. Ski bra
 - C. Tether
 - D. A and B
 - E. A, B and C
24. The four basic functions served by outriggers are:
- A. Aid balance, propulsion, slowing and turning
 - B. Aid propulsion, impulsion, momentum and carving
 - C. Aid balance, inertia, matching and anticipation
 - D. Aid stopping, starting, diverging and flow

25. For a four-track skier, a _____ gait may indicate inability to ski in a wedge.
26. Cants may be used to
- A. Correct for pronation
 - B. Correct for supination
 - C. Compensate for differences in leg lengths
 - D. A and B
 - E. A, B and C
27. If a student has an atrophied leg, which of the following topics should be questioned as part of the student assessment?
- A. Circulation
 - B. Feeling
 - C. Ability to control movements
 - D. A and C
 - E. A, B and C
28. An outrigger that is _____ (too short/too long) will force the student to bend at the waist, which shifts weight to the _____ and applies little or no pressure to the boot tongue.
29. For three-track skiers, pronation or supination of the dominantly weighted foot may indicate:
- A. The student will predominantly pressure the front or back of the ski
 - B. Inability to maintain a flat ski
 - C. A bilateral amputation
 - D. Nothing, this is not a reliable indicator
30. When doing a straight run, a four tracker's outrigger tips should be
- A. Even with the ski tips
 - B. Just ahead of the toe bindings
 - C. Beside the boot heels
 - D. Just ahead of the ski tips

31. A four-tracker rotary force may originate with:

- A. Rotation of the hips
- B. Rotation of the head and shoulders
- C. Steering of the feet and knees
- D. All of the above

Match the level of amputation with its definition

32. _____ Hip disarticulation

A. Amputation through the pelvis

33. _____ AK

B. Above the knee amputation

34. _____ Hemipelvectomy

C. Below the knee amputation

35. _____ BK

D. Amputation through the hip joint

36. Beginning three-tracker skiers should hold outriggers:

- A. At least two feet away from the body, for safety purposes
- B. Even with the tip of the main ski
- C. Shoulder width from the main ski
- D. As close as possible to the ski boot

37. The musculoskeletal system is composed of which of the following:

- A. Muscles, skeleton
- B. Muscles, bones, joints, connective tissue
- C. Muscles, connective tissue, nervous system, skeleton
- D. Muscles, ligaments, joints, the lymphatic system

38. Inclination is also referred to as:

- A. Twisting
- B. Tipping
- C. Stepping
- D. A phase of a turn

39. Balance is registered by:

- A. Narrow or wide stance
- B. Leaning way forward or back on your skis
- C. Feedback through your feet only
- D. Inner ear, eyes, proprioceptive and kinesthetic feedback

40. When in doubt on the length of the outriggers for a beginning student, go _____ (shorter/longer) rather than _____ (shorter/longer) to avoid a stooped stance.

41. The two primary edging movements are:

- A. Fore and aft
- B. Side to side
- C. Up and down
- D. Inclination and angulations

42. Beginner and lower level skiers tend to use:

- A. No rotary movements when initiating a turn
- B. Subtle rotary movements in the lower body and legs
- C. Large-scale rotary movements, often involving the whole body, at the beginning of the turn
- D. Ski design to initiate a turn

43. The joint that gives the skier the greatest range of motion in the lower half of the body is the _____ joint, a ball and socket joint.

44. Connecting with a student on a personal level does not necessarily occur in the teaching environment.

- A. True
- B. False

45. Adaptive teaching means lowering expectations.

- A. True
- B. False

46. The thigh bone is also called the _____.

47. Four components which assist in the cooling of core temp to a hypothermic state include:
- A. Convection, Conduction, Radiation, Evaporation
 - B. Conduction, Reduction, Induction, Deduction
 - C. Chaffing, Rash, Fungus, Distinct odor
 - D. Inflammation, Discoloration, Dilatation
48. The Skills Concept includes:
- A. Balancing Movements, Rotary Movements, Edging Movements and Pressure Control Movements
 - B. Balancing Movements, Rotary Movements, Carving and Skidding Movements
 - C. Balancing Movements, Skidding Movements, Carving and Sliding Movements
 - D. Dynamic Movements, Carving Movements, Edging Movements
49. Understanding how people move and what they are capable of at different ages and stages will help keep expectations realistic as you facilitate and guide the learning process.
- A. True
 - B. False
50. Because students are individuals they will:
- A. Learn their own way and at their own pace
 - B. Everyone basically learns the same
 - C. It's more important how the instructor teaches than how the student learns
51. The cornerstone of the American Teaching System is:
- A. Maneuver or final form oriented
 - B. Equipment driven
 - C. Skill development based
 - D. Based on ski area development
52. What is the biggest factor in determining teaching success or failure?
- A. The ability to relate successfully with students
 - B. Deep technical understanding of the movements related to the sport
 - C. Positive mental attitude
 - D. Overall athleticism of the students

53. Building on skills from other sports or activities students already possess is an example of:

- A. Lateral learning
- B. Maslow's hierarchy of needs
- C. Skills concept
- D. Transfer of learning

54. The amount of pressure applied to skis is controlled only by moving your center of mass.

- A. True
- B. False

55. If you increase the amount of edge angle, you are tipping the skis onto a higher edge and placing your weight on a smaller surface thus decreasing pressure.

- A. True
- B. False

56. The Core Concepts manual and the Alpine Teaching Manual together represent:

- A. The American Teaching System for Alpine Skiing
- B. The Skills Concept
- C. The American Teaching Method
- D. Features of American Skiing

57. List Benjamin Bloom's stages of learning activities, starting from the superficial and moving towards the deeper, integrated meaning

58. Balancing movements allow a skier to remain in balance while in motion.

- A. True
- B. False

59. You can develop your customer service skills by:

- A. Funny hats and “theme” days
- B. Developing your apathy skills
- C. Seeing the resort through the customer’s eyes
- D. Offering special side deals on equipment and coaching

60. The best way to treat frostbite is to rub the area hard and quickly heat the area.

- A. True
- B. False

Match the class of medication with what it treats

- | | |
|-----------------------------|-----------------------------|
| 61. _____ Analgesic | A. Spasms of smooth muscles |
| 62. _____ Antispasmodic | B. Seizures |
| 63. _____ Anticonvulsant | C. Pain |
| 64. _____ Antibiotics | D. Bladder infections |
| 65. _____ Antibacterial | E. Inflammation |
| 66. _____ Anti inflammatory | F. Infection |
| 67. _____ Anticoagulant | G. Blood clots |

68. Movements are what you do with your body, motion is your dynamic state as you ski down the mountain.

- A. True
- B. False

69. The average woman has a wider pelvis, which puts the upper leg bone (femur) at a greater angle to the vertical. This is called?

- A. Angle of attack
- B. Q-Angle
- C. Pelvic Tilt
- D. Center of mass

70. Forms of sensory contribution includes:

- A. Vision, sounds, sense of motion
- B. Vision, sounds, reaction
- C. Reaction, taste, thinking
- D. Sense of motion, reaction, vision

71. Classic types of rotary movements are:

- A. Upper body rotation
- B. Counter rotation
- C. Leg rotation
- D. All the above

72. When considering movement analysis, we must come to the reality that cause-and-effect relationships are both dependent on each other.

- A. True
- B. False

73. When using the concept of “Stepping Stones” choosing appropriate terrain is less of a concern because each stone is a milestone in progression.

- A. True
- B. False