



Cognitive-Visual Written Exam

Name _____

Score _____

School _____

PSIA-Northwest-AASI would like to thank Rocky Mountain for their hard work on the adaptive exam process upon which much of this material and process is based

Please note: Any questions and/or topics from this written exam may be brought up for group discussion during the teaching portion of the exam.

1. Expanding and strengthening a student's ability in a particular area before beginning a new concept is called _____. When using this teaching technique, an instructor creates progressions which vary the movement focus, yet still develop the same movement.
2. With the _____ teaching style, the instructor poses a problem to the students, setting a framework, time limit and work area for finding the answer.
3. Which of the following stages is NOT included in Benjamin Bloom's learning activities?
 - A. Knowledge
 - B. Kinesiology
 - C. Comprehension
 - D. Synthesis
 - E. Analysis
4. In terms of emotional and social development, children learn to develop key relationships with adults:
 - A. From age 7 to the onset of adolescent years
 - B. From age 3 to about age 6
 - C. In adulthood
 - D. During the adolescent years
5. A way to gauge the athletic abilities of new students is by asking them:
 - A. Their names
 - B. Where they live
 - C. What sports they enjoy watching
 - D. What sports they enjoy participating in
 - E. B and C
6. 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.

7. Development of the muscular system as humans grow from infants to children to adolescents proceeds in three directions. Please name them:

Match each of the following words with their definition. Each definition is used only once.

- | | |
|-----------------------------------|---|
| 8. ____ Nystagmus | A. Chromosomal abnormality exhibiting mental retardation in combination with other birth defects |
| 9. ____ Glaucoma | B. The use of some system of reward or punishment to change undesirable behavior |
| 10. ____ Clock system | C. Condition that interrupts or delays normal growth or development, having onset before age 18, and of indefinite duration |
| 11. ____ Mental retardation | D. Increased intraocular (inside-the-eye) pressure, which may result in impaired vision or blindness |
| 12. ____ Developmental disability | E. Helping a student generate movement, or control speed or turning by physically maneuvering the skier's equipment or guiding the skier's body |
| 13. ____ Physical assists | F. Spectrum of neurological disorders defined by symptoms that include problems with communication and behavior |
| 14. ____ Behavior modification | G. Below-average intellectual ability present from birth or early infancy and associated with difficulties in learning and social adaptation |
| 15. ____ Down Syndrome | H. Brain damage affecting the ability to process information and/or to coordinate and control the body or its movement. Such damage arises after age 18 |
| 16. ____ Cognitive disability | I. Relating position on the hill to numbers on a clock face |
| 17. ____ Autism | J. Rapid, involuntary oscillation of the eyeballs |

18. When riding a chairlift with a student who has an uncontrolled seizure disorder, the instructor should use a

_____.

19. _____ is a progressive disease that affects the macula, resulting in loss of vision in the center of the field of view.

20. Pervasive developmental disorder (PDD) and Asperger's Syndrome are disorders that fall into the _____ spectrum.

21. A student with spina bifida or hydrocephalus may have a surgically implanted shunt. Explain the purpose of the shunt: _____

22. A disorder found in infants of alcoholic mothers and characterized by small size and weight before and after birth, small head size, small eyes, underdeveloped upper lip and impaired brain function manifested by delay in development or intellect is called _____ and is abbreviated _____.
23. The legal definition of blindness is a corrected visual acuity of _____ or less or a peripheral field restriction to a diameter of _____ degrees or less, in the better eye.
24. Which of the following is a classic type of rotary movement for stand-up skiers?
- A. Upper body rotation
 - B. Counter-rotation
 - C. Leg rotation
 - D. A and B
 - E. A, B and C
25. Which of the following is NOT one of the points of Your Responsibility Code?
- A. Always stay in control
 - B. Stop in a safe place for you and others
 - C. Look before you leap
 - D. Whenever starting downhill or merging, look uphill and yield
 - E. Know how to use the lifts safely
26. Which of the following is not generally considered a Developmental Disability?
- A. Mental retardation
 - B. Parkinson's Disease
 - C. Epilepsy
 - D. Autism
 - E. Down Syndrome
27. In terms of behavior management, when an activity becomes so stimulating that the student cannot control negative behavior, the act of removing the student from the activity to a predetermined quiet place is called:
- A. Operant conditioning
 - B. Behaviorism
 - C. Timeout
 - D. Delayed gratification
 - E. Reinforcement

28. Which of the following is NOT a recognized directional command for guiding Visually Impaired students?
- A. Vision assessment
 - B. Clock system
 - C. Auditory cues
 - D. Verbal commands
 - E. Grid system
29. Expressive aphasia refers to:
- A. The inability to understand words
 - B. The inability to translate an image to the word which represents the image
 - C. The inability to say words formulated in thought
 - D. The inability to express emotions
 - E. The inability to communicate appropriately in social situations
30. When introducing pole use to a visually impaired skier, it is important to:
- A. Discuss pole use before introducing the pole swing and tap
 - B. Practice the pole swing only when the student is moving, since stationary pole swings are lacking in the proper rhythm
 - C. Emphasize rhythm through counting or singing
 - D. A and B
 - E. A and C
31. The progressive hereditary disorder that usually appears in childhood and causes slow degeneration of the light receptors in both eyes is called:
- A. Detached retina
 - B. Cataracts
 - C. Retinitis pigmentosa
 - D. Diabetic retinopathy
 - E. Optic nerve disease
32. Which of the following is NOT a common behavior modification tool?
- A. Time-out
 - B. Horse and buggy
 - C. Environmental changes
 - D. Modeling behavior
 - E. Written behavior contracts

33. When assessing a visually impaired student, which of the following assessments is NOT an assessment of the nature and extent of the visual impairment?
- A. Does the student have usable vision?
 - B. Can the student distinguish colors and shapes?
 - C. Can the student use two-way radios for auditory cues?
 - D. How near or far can the student see?
 - E. Is the student's vision better inside or outside?
34. Rotary (or rotational) movements involve turning some part of the body relative to other parts of the body.
- A. True
 - B. False
35. Connecting with a student on a personal level is not necessary in the teaching environment.
- A. True
 - B. False
36. Adaptive teaching means lowering expectations.
- A. True
 - B. False
37. The distance between a student's feet should be functional and comfortable.
- A. True
 - B. False
38. 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
39. 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

40. Which one of these is not a learning process category?
- A. Reaction
 - B. Processing
 - C. Analytical
 - D. Readiness
41. Because students are individuals they will?
- A. Learn in their own way and at their own pace
 - B. Every one basically learns the same
 - C. It's more important how the instructor teaches than how the student learns
42. 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
43. Select the best answer – The role of the teacher is to:
- A. Entertain the student
 - B. Ski better than the student and take them to all the cool places on the mountain
 - C. Accurately assess the present ability level of the students, identify their desired outcomes, and develop a customized prescription for success
 - D. Assess the present ability level of the students and present a preconceived lesson for that ability level
44. The ABC's of service are:
- A. Achievement, Belonging, Contribution
 - B. Attitude, Belief, Courage
 - C. Acceptance, Belonging, Co-Operation
 - D. Achievement, Belief, Compassion
45. 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
46. Understanding how people process information is critical to understanding how they learn, and therefore how best to teach them.
- A. True
 - B. False

47. How people are put together, grow, develop and process new information is fairly consistent.
- A. True
 - B. False
48. 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
49. The Elementary Stage of learning new movements is best described as:
- A. Concentration is required but the action can be performed without looking at the body part
 - B. Unfamiliarity with the movement
 - C. The student can perform only one element of the movement
 - D. The stage where detailed descriptions are most important
50. 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
51. 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
52. The amount of pressure applied to skis is controlled only by moving your center of mass.
- A. True
 - B. False
53. If you increase the amount of edge angle, you are tipping the skis into a higher edge and putting your weight on a smaller surface thus decreasing pressure.
- A. True
 - B. False
54. 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

55. Classic types of rotary movements are:

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

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. Select the best answer-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

58. During movement analysis you should do the following to help understand the students needs:

- A. Focus on what you just asked your students to do
- B. Listen to make sure the students understand you and that you understand them
- C. Do the task yourself so that you can understand the movements you ask them to make
- D. All the Above

59. The two primary edging movements are:

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