



Mono-ski and Bi-ski Written Exam

Name _____

Score _____

School _____

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

2. When students are exhibiting fear, it is best to:

- A. Convince them that their fear is imaginary
- B. Try to belittle their fear in a humorous way
- C. Acknowledge the fear with respect and respond positively to it
- D. Ignore the fear and let them overcome it by themselves

3. Which of the following is a consideration when teaching children?

- A. Strength
- B. Location of center of mass
- C. Length of limbs
- D. A and B
- E. A, B and C

4. In terms of sensory preferences, students who learn best by doing are considered:

- A. Visual learners
- B. Auditory learners
- C. Kinesthetic learners

5. The thigh bone is also called the _____.

6. The seat of the mono-ski or bi-ski is equivalent to a stand-up skier's _____.

7. List the regions of the spine and the number of vertebrae in each.

Region _____ Number of vertebrae _____

Region _____ Number of vertebrae _____

Region _____ Number of vertebrae _____

Region _____ Number of vertebrae _____

Region _____ Number of vertebrae _____

8. The two types of outriggers available to bi-skiers are called _____ outriggers and _____ outriggers.

9. For mono-skiers, in general a heavier skier needs _____ (more/less) suspension tension, while a lighter skier needs _____ (more/less) suspension tension.

10. A combination of sliding and slipping as the skis move forward through a turn is called:

- A. Skidding
- B. Sliding
- C. Slipping
- D. Shaping
- E. Sloping

11. A kidney belt may be used with a bi-skier for:

- A. Upper body stabilization
- B. Maintaining body temperature
- C. Keeping snow out
- D. Aesthetics

12. During the dowel test, the student is in the apparatus and the balance point is found when the student can:

- A. Lean forward and touch the front of the ski to the ground
- B. Pressure the tip of the ski with a slight head tip forward and pressure the tail with a slight tip backward
- C. Remain centered on the dowel while leaning from side to side and touching the outriggers to the ground
- D. Lean backward and touch the tail of the ski to the ground while using the outriggers for balance

13. The function of the shock on a mono-ski includes controlling:
- A. Rotary
 - B. Pressure
 - C. Edging
 - D. Steering
14. What factors determine the position of the foot tray on a mono-ski?
- A. Contact between the thighs and the seat bottom
 - B. Spasticity
 - C. Comfort
 - D. A and B
 - E. A, B and C
15. As an instructor assisting a mono-skier after a fall, you should:
- A. Be cautious not to put yourself, especially your back, in an awkward position
 - B. Remove the mono-skier's outriggers
 - C. Place the mono-ski across the fall line
 - D. A and C
 - E. A, B and C
16. In Piaget's Four Stages of Development, understanding that is based on prior experience or sensory input is referring to the:
- A. Sensorimotor Stage
 - B. Formal Operations Stage
 - C. Concrete Operations Stage
 - D. Pre-Operations Stage
17. 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

18. 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
19. Understanding how people process information is critical to understanding how they learn, and therefore how best to teach them.
- A. True
 - B. False
20. Forms of sensory contribution include:
- A. Vision, sounds, sense of motion
 - B. Vision, sounds, reaction
 - C. Reaction, taste, thinking
 - D. Sense of motion, reaction, vision
21. Inclination is also referred to as:
- A. Twisting
 - B. Tipping
 - C. Stepping
 - D. A phase of a turn
22. BERP is an acronym for balancing, edging, rotary and pressure movements.
- A. True
 - B. False
23. Classic types of rotary movements are:
- A. Upper body rotation
 - B. Counter rotation
 - C. Leg rotation
 - D. All the above

24. 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
25. 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
26. A bi-skier using fixed outriggers _____ (may/may not) ski independent of a tetherer.
27. Garlands do NOT include which phase of the turn?
- A. Initiation
 - B. Shaping
 - C. Finishing
28. In terms of arm position, mono-skier's athletic stance can be described as:
- A. Arms as straight as possible
 - B. Upper arms hanging vertically at the sides, with a slight space between elbows and body
 - C. Lower arms hanging at the same angle as the outrigger shafts
 - D. A and B
 - E. B and C
29. 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
30. 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

31. Balance is registered by:
- A. Narrow or wide stance
 - B. Inner ear, eyes, proprioceptive and kinesthetic feedback
 - C. Leaning way forward or back on your skis
 - D. Feedback through your feet only
32. The two primary edging movements are:
- A. Fore and aft movements
 - B. Side to side movements
 - C. Up and down movements
 - D. Inclining and angulating movements
33. The student assessment for a bi-skier should include:
- A. Arm and grip strength
 - B. Trunk balance
 - C. Medications and their side effects
 - D. Disabilities, both primary and secondary
 - E. All of the above
34. Spinal cord injuries cause partial or complete loss of sensation and function below the level of injury.
- A. True
 - B. False
35. Outriggers can be either hand held or fixed to the bi-ski.
- A. True
 - B. False
36. A bi-skier using fixed outriggers may ski independent of tether.
- A. True
 - B. False
37. Leaning to the side in a bi-ski is an example of which skiing skill?
- A. Balance movements
 - B. Rotary movements
 - C. Edge-control movements
 - D. Pressure control movements.

38. Pressure sores and skin abrasions can be prevented by:
- A. Repositioning every hour
 - B. Providing padding under the heels and between ankles and knees
 - C. Properly fitting the seat bucket in the bi-skier
 - D. All of the above.
39. For leg amputees, weight distribution on the mono ski may be attained by:
- A. Putting a sand bag in the foot bucket
 - B. Moving the seat forward on the ski
 - C. Moving the seat backward on the ski
 - D. A and B
40. When fitting mono-skiers to the seat bucket the fit should be loose enough to allow them to adjust their position in order to maintain balance.
- A. True
 - B. False
41. Autonomic dysreflexia is a high blood pressure crisis which can be caused by urine back up and bladder distension if a leg bag and catheter are not checked and emptied on a timely basis.
- A. True
 - B. False
42. A good fit in a mono ski is important for:
- A. Comfort
 - B. Control
 - C. Safety
 - D. All of the above
43. As the nerve cells are stimulated with movements, thoughts, or memories, a fatty substance called _____ is laid down along the pathways which link neurons in the brain and spinal cord, thus increasing the speed of neural transmission. This ongoing stimulation is the essence of “practice makes perfect.”

44. Symptoms of autonomic dysreflexia can include:

- A. Profuse sweating
- B. Gooseflesh and chills without fever
- C. Headache or nausea
- D. Increased spasticity
- E. All of the above

Match the below class of medication with what it treats

45. _____ Analgesic

A. Spasms of smooth muscles

46. _____ Antispasmodic

B. Seizures

47. _____ Anticonvulsant

C. Pain

48. _____ Antibiotics

D. Bladder infections

49. _____ Antibacterial

E. Inflammation

50. _____ Anti-inflammatory

F. Infection

51. _____ Anticoagulant

G. Blood clots

52. Four components which assist in the cooling of core temperature 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

53. 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 student(s), identify their desired outcomes, and develop a customized prescription for success
- D. Assess the present ability level of the student(s) and present a preconceived lesson for that ability level

54. Which one of these is not a learning process category?

- A. Reaction
- B. Processing
- C. Analytical
- D. Readiness

55. 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

56. 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