

PSIA



AASI

WESTERN DIVISION

Professional Ski Instructors of America

American Association of Snowboard Instructors

NORDIC

TELEMARK

Level II

Study Guide

PSIA West Telemark 2 Take Home Study Guide Worksheet

The following questions will help you prepare for the technical portion of the exam. Please give clear and concise answers in short essay form. Please return the test to the address below at least **TWO WEEKS** prior to the exam you plan on attending. You must turn in a completed test in order to pass the technical portion of the exam.

1. How do we use ski design to help us make turns?
2. How does turn shape relate to speed control?
3. Describe the external forces involved in a turn. What movements can we use to counteract or work with these forces?
4. Compare and contrast inclination and angulation.
5. In the course of a single turn discuss the relative timing of lead change and edge change movements.
6. How do we determine what we will teach in a lesson?
7. What are some drills that are unique to teaching telemark skiing? Briefly describe each.
8. How does a pole plant aid us in turning?
9. Give a progression to improve lead change timing?
10. How do you help a student overcome fear?

When finished please send to:

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rev. Sep. 2008