

Movement Analysis and Technical Knowledge

Level I

The successful Level I candidate will demonstrate the *knowledge and comprehension*¹ of the AASI technical terms, concepts, and models listed below. The successful candidate will also demonstrate the ability to recognize movement patterns in riders that are learning and riding all green terrain, groomed blue terrain, and small freestyle features.

Level II

The successful candidate will demonstrate the *application and analysis*² of the AASI technical terms, concepts, and models listed below. The successful candidate will also demonstrate the ability to recognize movement patterns in riders who are learning and riding all terrain up to and including groomed black terrain and small freestyle features.

Level III

The successful candidate will demonstrate the ability to *synthesize and evaluate*³ the AASI technical terms, concepts, and models listed below. The successful candidate will also demonstrate the ability to recognize movement patterns in riders who are learning and riding all available terrain and snow conditions, up to and including competitive freestyle riders.

Candidates will be evaluated based on the following criteria, terms, concepts, and models:

- AASI STS concepts
 - Teaching concepts
 - Learning concepts
 - Riding concepts
 - Service concepts
- Children's material
 - C.A.P. model
 - Piaget's Stages of Development
 - Maslow's Hierarchy of Needs
 - The Teaching Cycle
- Reference alignments
- Movement analysis process
- Cause-and-effect relationships
- Biomechanics related to snowboarding
- Stance issues related to a rider's ability to flex, extend, and rotate
- Equipment
- Turn type, turn shape, turn size, turn phases
- Feedback, objective vs. subjective
- A.T.M.L. Model

¹ Knowledge and Comprehension- Defined as the ability to recall data or information. Understands the meaning and interpretation of instructions and problems. States a problem in one's own words.*

² Application and Analysis- Defined as the ability to apply what was learned in the classroom into novel situations in the work place. Separates material or concepts into component parts so that its organizational structure may be understood.*

³ Synthesize and Evaluate- Defined as the ability to put parts together to form a whole, with emphasis on creating a new meaning or structure. Make judgments about the value of ideas or materials.*

- Smart Style

Teaching

Certified Level I

The successful Level I candidate will demonstrate the ability to present a teaching segment in a safe, effective manner that demonstrates the knowledge and comprehension of the AASI technical terms, concepts, and models listed below. The successful candidate will demonstrate the ability to teach a spectrum of riders, children to adults, from first time rider to those who are learning and riding all green terrain, groomed blue terrain, and small freestyle features.

Certified Level II

The successful Level II candidate will demonstrate the ability to choose appropriate exercises and tasks and teach a safe, effective skill progression that demonstrates the application and analysis of the AASI technical terms, concepts, and models listed below. The successful candidate will demonstrate the ability to teach a spectrum of riders, children to adults, from first time rider to those who are learning and riding more varied terrain, up to and including groomed black terrain and small freestyle features.

Certified Level III

The successful Level III candidate will demonstrate the ability to teach all ages and skill levels to the general public. Additionally, the successful Level III candidate will demonstrate the ability to create a learning segment for his or her peers that demonstrates the evaluation and synthesis of the AASI technical terms, concepts, and models listed below. The successful candidate will demonstrate the ability to teach, and coach, his or her peers on all available terrain and freestyle features with effective changes evident in his or her peers.

Candidates will be evaluated on their knowledge and application of the following:

- Safety, Your Responsibility Code
- Use of AASI Snowboard Teaching System (STS) concepts: Teaching, Learning, Riding, and Service concepts
- Presentation of logical progressions, from simple to complex, that are appropriate for skill level of student and relevant to task and desired outcome
- Accurate demonstrations appropriate to the task and skill level of students
- Professionalism at all times
- Use of feedback models that is timely, appropriate, and accurate
- Communication skills
- Group handling appropriate for terrain, task, and skill level of students
- Recognition and appropriate adaptation to ages and stages of development
- Use of appropriate terrain for task and skill level of student
- Pacing of lesson appropriate for student skill level and profile (i.e. kids, adults, beginner, advanced)
- Creativity in handling different types of students in different situations (i.e. class, private, multi-day, multi-week)

Riding

Candidate riding will be evaluated on the following variables:

- Turn size
- Turn shape
- Timing, intensity, duration of movements

Candidates will be evaluated on the following movements and coordination:

- Isolated movements or combinations of movements
- Versatility in movements based on terrain or tactics
- Extends to initiate a new turn
- Extends to release the edge
- Flexes to initiate a new turn (create a movement of the center of mass into the new turn)
- Flexes to release the edge
- Both legs are active
- Applies equal flexion/extension movements from both legs
- Uses a variety of ways to un-weight the board
- Applies independent flexion/extension movements from both legs
- Maintains reference alignments as appropriate to terrain and task
- Applies an active Athletic Stance
- Utilizes an appropriate range of motion

Movements and coordination will be assessed based on the definitions of "initial", "elementary", and "mature", as defined in *Core Concepts* (PSIA, 2001), pg. 20.

The "initial" movement stage is when a rider is unfamiliar with a movement and relies on sensory input and coaching to learn. Often, the movements are very sequential and performed individually. The rider in this stage may show signs of a movement pattern periodically but not consistently.

The "elementary" stage denotes riders who can perform movements without looking at that body part but still need to think it through and concentrate on the parts. While movements are still sequential, the rider will link them together in a more fluid manner. The rider in the elementary stage will be able to consistently demonstrate a movement pattern but may not be able to apply it in all situations.

The "mature" stage is characterized by smooth, fluid, and automatic movements without showing obvious, conscious thought. Movements can be repeated and applied across a wide spectrum of situations. A rider with mature movements and coordination of movements will be able to smoothly blend movements for a specific outcome and be able to readily change or adapt movements to different terrain situations and snow conditions.

Level I Riding

The successful Level I candidate will demonstrate the ability to comfortably ride the following terrain:

- All green terrain
- Blue terrain including off-piste conditions and small bumps
- Groomed black terrain
- Small freestyle features

At a minimum, the successful Level I rider will be able to perform:

- Switch, skidded turns on green terrain
- Short-radius, dynamic skidded turns on groomed blue terrain
- Medium-radius skidded turns on groomed black terrain
- Basic, long-radius carved turns on green terrain
- Basic freestyle elements, including straight airs over small natural or man-made features, 50/50s on a small box, ollies, flatland 180s and 360s, and nose and tail rolls. The candidate should also be able to ride a halfpipe, consistently making an edge change with the turn apex at the top of the transition zone.

Movements to be applied at Level I include flexion, extension, and rotation to affect the performance outcomes of twist, tilt, pivot, and pressure control. The candidate will be asked to demonstrate flexion, extension, and rotational movements individually and in a blended fashion when performing the outcomes listed previously. At a minimum, the candidate must demonstrate up-unweighting, terrain unweighting, and “cross-over” movements at a mature level—defined as the purposeful movement of the center of mass across the board by extending or flexing the legs at the initiation of the new turn, resulting in edge change and facilitating edge engagement. In addition, at the request of the examiner the rider must demonstrate equal and/or independent extension and flexion of both legs; appropriate timing, intensity, and duration of movements relative to the desired outcome; and an ability to maintain reference alignments in all conditions and terrain listed previously (with the exception of freestyle outcomes). While riding, the candidate must demonstrate safety awareness—through line choice, behavior, and ways of negotiating traffic patterns on the hill.

National Certification Standards

Level II Riding

The successful Level II candidate will demonstrate the ability to comfortably ride the following terrain:

- All green terrain
- All blue terrain including variable off-piste conditions and bumps
- Groomed and smooth off-piste black terrain
- Small to medium freestyle features

At a minimum, the rider will be able to perform:

- Switch skidded turns on groomed blue terrain
- Short-radius skidded turns in blue bumps
- Short- and medium-radius skidded turns on groomed black terrain
- Medium radius skidded turns on off-piste black terrain
- Switch, long-radius carved turns on green terrain
- Medium- and short-radius carved turns on groomed blue terrain
- Freestyle elements, including straight airs over small man-made features, 50/50 most boxes and rails, and ride the half pipe to the vert zone on the pipe wall consistently toe and heel side

Movements to be applied at Level II include flexion, extension, and rotation to affect the performance outcomes of twist, tilt, pivot, and pressure control. The candidate will be asked to demonstrate flexion, extension, and rotational movements individually and in a blended fashion when performing the outcomes listed previously.

At a minimum, the candidate must demonstrate up-unweighting, down-unweighting, terrain unweighting, and “cross-over” movements at a mature level—defined as the purposeful movement of the center of mass across the board by extending or flexing the legs at the initiation of the new turn, resulting in edge change and facilitating edge engagement.

At this level, the candidate must also demonstrate, at an elementary level, “cross-under” movements—defined as purposeful flexion of the legs to bring the board under the center of mass through the completion and into the initiation of the turn (resulting in edge change and edge engagement) and extension of the legs to direct the board out from under the center of mass (resulting in increased edge angle, or tilt, and an intentional increase in pressure during the control/shaping phase of the turn). In addition, at the request of the examiner the rider must demonstrate equal and/or independent extension and flexion of both legs; appropriate timing, intensity, and duration of movements relative to the desired outcome; and an ability to maintain reference alignments in all conditions and terrain listed previously (with the exception of freestyle outcomes). While riding, the candidate must demonstrate safety awareness—through line choice, behavior, and ways of negotiating traffic patterns on the hill.

National Certification Standards

Level III Riding

The successful Level III candidate will demonstrate the ability to comfortably ride all terrain, up to and including:

- All but the most extreme terrain available
- Small to medium freestyle features

At a minimum, the rider will be able to perform:

- Regular and switch skidded turns of various sizes on all black terrain, including bumps
- Slow-speed, long-radius carved turns on green terrain
- Switch carved turns on groomed blue terrain
- Short-radius, dynamic carved turns on groomed black terrain
- Medium- and long-radius carved turns in bumps and off-piste black terrain
- For the previous: Freestyle elements, including jumps with a grab or spin over medium man-made features, 50/50s on a rail with a “gap” entry, and boardslides on a box. The candidate should also be able to ride the halfpipe with air at or above the lip, on both the toeside and heelside.

Movements to be applied at Level III include flexion, extension, and rotation to affect the performance outcomes of twist, tilt, pivot, and pressure control in all riding tactics described in previous levels. The candidate will be asked to demonstrate flexion, extension, and rotational movements individually and in a blended fashion when performing the outcomes listed previously. At a minimum, the rider must demonstrate the appropriate movement pattern for a specific outcome or movement pattern requested by the examiner; appropriate timing, intensity, and duration of movements relative to the desired outcome; and an ability to maintain reference alignments in all conditions and terrain listed previously (with the exception of freestyle outcomes). While riding, the candidate must demonstrate safety awareness—through line choice, behavior, and ways of negotiating traffic patterns on the hill. In addition, the rider must apply “cross-over” and “cross-under” movements at a mature level as determined by the examiner

