

CSIA Level 1 e-Prep Workshops

1. Code of Ethics

Reading assignment: Preface - Manual p. iii – vi
Questionnaire:

1. Why has the CSIA developed a Code of Ethics?
 - a) To be consistent with International Alpine skiing ethical standards
 - b) To help members achieve a level of personal conduct consistent with the position and profession of Alpine Ski Instructors
 - c) To make sure Ski Instructors are protected under the liability insurance policy
 - d) To control the behavior of Ski Instructors and make sure they act in a similar way

Which of the following is not part of the four ethical principals?

- a) Responsible teaching
- b) Honoring the sport
- c) Professional attitude
- d) Integrity in Relationships

What is one of the key elements of “Honouring Sport”

- a) Positive Role Model
- b) Respect for other members
- c) Responsibility to industry partners
- d) All of the above

2. Professionalism, Roles and Responsibilities

Reading assignment: Preface - Manual p. vii
Questionnaire:

1. Which of the following is part of being “Professional”?
 - a) Good communication and human relation skills
 - b) Earning a respectable wage
 - c) Working for a successful Ski Area
 - d) Winning the “Ski Instructor of the month” award
2. Which of the following best describes the role of a ski instructor?
 - a) Teaching students how to become better technical skiers
 - b) Guiding skiers down the mountain in challenging terrain
 - c) Following the Alpine Responsibility Code, when appropriate
 - d) Developing the guest’s experience and satisfaction by providing a safe and fun learning experience
3. Which of the following is part of the Alpine Responsibility Code?
 - a) People behind you have the right-of-way
 - b) Always stop on the side of a run
 - c) Observe and obey all posted signs and warnings
 - d) Helmets are not mandatory but highly recommended

3. Canadian Ski Teaching

Reading assignment: Canadian Ski Teaching - Manual - Chapter 1

Questionnaire:

1. Which of the following is one of the three components of the CSIA teaching methodology?
 - a) Physics and skiing
 - b) Student-centred teaching
 - c) Sales and client building
 - d) Movement and motion

2. What does good "Guest Service" mean?
 - a) Do everything the guest wants
 - b) Teaching for results using a technical approach
 - c) Treat all participants equitably within the context of the sport
 - d) Exceeding the guest expectations through good people skills and communication

3. Which of the following is used on snow to develop skiers?
 - a) Planes of balance
 - b) Center of mass
 - c) Inclination
 - d) Group lesson

4. What composes the technical base of the "Canadian Approach"?
 - a) Steering Committee
 - b) Student-centred teaching
 - c) Physics and skiing, Biomechanics and skiing
 - d) Performance tactics

5. Which of the following levels is not required, when the skier goes through his development?
 - a) Entry level
 - b) Advanced
 - c) Beginner
 - d) All-Mountain

6. Which of the following is part of the Student-centred teaching method?
 - a) Performance, Free, All-Mountain tactics
 - b) Teaching for results
 - c) Technical reference approach
 - d) Biomechanical principles

4. Teaching Children

Reading assignment: Teaching Children – Manual - Chapter 5

Questionnaire:

1. What can an instructor do to make the introduction with kids fun and effective?
 - a) Use name games to learn their names and make sure they learn yours
 - b) Put the children in a line to keep them organized
 - c) Show them right away you are in charge
 - d) Let the children go the chairlift on their own

2. What is a physical characteristic of a 2 to 5-year old child?
 - a) Better coordination and strength
 - b) Ready for team work and partners
 - c) Brain has reached 75% of its adult weight
 - d) Refinement of motor skills

3. What is a social/emotional characteristic of a 6 to 8-year old child?
 - a) Play becomes interactive
 - b) These children are egocentric
 - c) Learn through imitation
 - d) Become independent from adults

4. What is a good teaching approach for children aged 2 to 5?
 - a) Keep verbal directions simple
 - b) Use visual or tactile cue
 - c) Keep environment animated and colorful
 - d) All of the above

5. At what age does team work and partners become very important?
 - a) Between 2 to 5 years of age
 - b) Between 6 to 8 years of age
 - c) Between 9 to 12 years of age
 - d) Between 13 to 18 years of age

6. What is a solution for a 4-year old child that always wants to be first?
 - a) Keep him at the back of the line to help him learn
 - b) Invent an imaginative way to establish order to make them take turns
 - c) Reward him by often placing him in the front
 - d) Let the children decide who goes first

7. What is a teaching aid you can use when teaching first time children skiers?
 - a) Baby gates
 - b) Chair with skis
 - c) Tree log
 - d) Edgie Wedgie

8. What is the typical young skier stance?
 - a) Centred in the middle
 - b) Straight legs pushing on back of boots
 - c) All joints bent proportionally
 - d) None of the above

9. What is something to remember regarding helmets?
 - a) Hearing will be improved
 - b) The helmet will make the child slightly top heavy
 - c) The helmet can be loosened for comfort
 - d) Helmets are not necessary

10. At what stage are students ready for ski poles?
 - a) At age 12, when they are on more challenging terrain
 - b) Children should never use poles
 - c) Children should use poles right from the beginning
 - d) Usually after the age of six; or when their skills enable them to change direction at will

11. What is the most effective way to have children perform a task you have set?
 - a) Always find challenging tasks to keep them motivated
 - b) Verbally repeat the task to them multiple times
 - c) Demonstrate first and have them copy
 - d) Leave them the choice to do it when and where they want

12. What is the technique used for taller children and for loading them on the chairlifts?
 - a) Always use a surface lift with children
 - b) Place arm under child's arm, hold hand for support
 - c) Let them load the chairlift on their own for learning
 - d) Send the taller children with the smaller ones

13. What is the purpose of ski tip devices such as "Ski bras" or "Edgie Wedgies"?
 - a) To control the ski tips until muscle strength develops
 - b) To keep the children entertained
 - c) To avoid children skiing away
 - d) To keep the skis parallel for intermediate skiers

14. In what way are teens different to teach?
 - a) They have a more sensitive psyche
 - b) They do not like being singled out
 - c) They enjoy taking part in decisions
 - d) All of the above

15. What technique can be used to design games that appeal to young skiers?
 - a) Games should be designed based on what the instructor likes
 - b) Choose games that will focus on competition for motivation purposes
 - c) Be aware of current and popular super heroes, TV characters and trends
 - d) Let them decide what games to play

5. Physics and Skiing

Reading assignment: Technique – The Canadian Approach, Manual (p. 3.2 – 3.9)

Questionnaire:

1. What is the Base of Support (BOS)?
 - a) The line of momentum
 - b) The area between all points that supports the body
 - c) The skis
 - d) The force that supports the body while turning

2. What is the Center of Mass (COM)?
 - a) The center of a turn phase
 - b) The higher point of the human body
 - c) The middle of an object's mass
 - d) The three-dimensional balance point of an object
3. How can you increase stability?
 - a) Keeping the center of mass high
 - b) Increasing the speed
 - c) Wider stance
 - d) Keeping the legs straight
4. Which is a force involved in skiing?
 - a) Lift
 - b) Propulsion
 - c) Gravity
 - d) Neutral force

6. Basic Skiing Competencies

Reading assignment: Technique – The Canadian Approach, Manual (p. 3.22 – 3.32)
Questionnaire:

1. What describes a good stance?
 - a) Static
 - b) Adjustable
 - c) Mechanical
 - d) Inclined
2. How does a skier stay balanced?
 - a) By slowing down
 - b) By keeping a similar stance in all situations
 - c) By continually adjusting to external stimuli
 - d) By changing direction
3. Which of the following is false?
 - a) Pivoting is the ability to utilize the legs and feet to guide the skis
 - b) The result of good pivoting is a natural separation between upper and lower body
 - c) Even in carved turns, the lower body leads the turning effort
 - d) You can balance on edges efficiently without pivoting
4. Which of the following describes “edging”?
 - a) The action of bending the knees to put skis on edge
 - b) The ability to use inclination and angulation to control the angle of the skis on the snow
 - c) The ability to stand on the edges of the skis
 - d) The ability to put weight over the edge of the downhill ski
5. Which of the following describes “angulation”?
 - a) The angles created between body segments through bending, to control edges
 - b) The angle created between the skis and the line of travel
 - c) The lateral angle between the skis and the slope
 - d) The tipping of the upper body into the turn

6. Which of the following statement is true?
- a) You achieve inclination through bending of the joints
 - b) As a skier inclines, skis are edging less
 - c) Inclination is the degree of lean to the inside of the turn
 - d) Inclination is the line between the slope and the center of mass

7. Guest Service

Reading assignment: Manual - Chapter 2 (p. 2.2 – 2.4)

Questionnaire:

1. Which of the following describes good Guest Service?
 - a) Ask for a tip at the end of the lesson
 - b) Let the students carry their own skis so get better at it
 - c) Engage and motivate your students so they come back for more
 - d) Always ski in the front so they can see how good you are
2. How to make ski lessons fun?
 - a) Keep the students moving to avoid boredom
 - b) Set difficult goals to challenge the students
 - c) Make funny jokes about other skiers
 - d) Ski under the chairlift
3. What is a way to create awareness of ski experience and alpine environment?
 - a) Taking your class to explore outside the ski area boundaries
 - b) Sharing knowledge about ski area history and operations
 - c) Take beginners on blue terrain to show them terrain variety
 - d) Avoid looking at the grooming report to keep it interesting
4. Which of the following will not help with “Client Building”?
 - a) Introduce yourself and learn names.
 - b) Shake hands and give a business card at the end of the lesson.
 - c) Finish on a positive note.
 - d) Finish your lesson 5 minutes early to be on time for the next one.
5. How can you be a good listener?
 - a) Give your opinion right away if you don't agree
 - b) As the instructor, you can interrupt the student when you want
 - c) Look at the person who is talking
 - d) Do not admit you are wrong at any time
6. Which of the following is a quality of good communication?
 - a) One-way communication
 - b) Based on technical terminology
 - c) Calm and pleasant
 - d) Not involving the rest of the class in the discussion with a student to avoid confusion