



**PSIA / AASI NRM
FREESTYLE SPECIALIST 3
WORKBOOK**

N A M E :

D A T E :

S C O R E :

1. Knee injuries are common in snowsports. Describe a knee ligament injury in terms of how it happens and where or when it might happen in the freestyle environment.

2. The rider in figure 1 is your student. Based on what you see in the picture, provide feedback to the student, and describe two drills to help the person with their switch frontside board to ride away switch. (3)

3. In figure 1, what indicates to you that the rider is or is not balanced? (2)

4. In figure 1, how would you describe the rider's stability, or potential for her to be unbalanced? (3)



Figure 1

Photo by: Neil Hetherington

5. Describe how the rider in figure 1 performs her maneuver in terms of the four ranges of motion. (4)

6. How does a rider maximize the number of hits they get in a halfpipe? Describe in terms of board performances and timing in reference to figure 2.. (5)



Figure 2

7. What observations have you noticed in the prevalence and popularity of halfpipe in snowsports? (2)

8. Which wall, left or right, is your weaker wall, and describe two kinesthetic cues you use to help you improve you riding on your weaker wall of the halfpipe. (3)

9. As specifically as you can, describe what maneuver you would expect to see executed off the upcoming jump by the rider in figure 3. (2)

10. Defend your answer from question 9 referencing only board performances seen in figure 3. (4)



Figure 3

11. Defend your answer from question 9 from only the rider's reference alignments seen in figure 3. (3)

12. Describe the rider's speed, pop, and spin at the moment of the image in figure 3. (3)

13. Explain how a rider utilizes three types of muscle contractions of the quadriceps muscle group through the ATML model performing a 540 with a grab over a large step down jump. (7)

14. Describe two cause and effect relationships of the rider in figure 4. (2)

15. What stage of coordination would you say this rider has for performing this maneuver? (1)

16. Choose a different stage of coordination for the rider in figure 4, what would you expect to see as evidence of this stage? (2)



Figure 4

17. What are two elements you use to make your feedback to students meaningful? Give an example. (3)

18. As we become more experienced, we develop our own teaching models. Describe yours. (4)

19. Would you say the rider in figure 5 is spinning to his right or left? Explain. (2)



Figure 5

20. Describe where the center of mass of the skier in figure 6 is in relationship to his skis. (1)



Figure 6

21. Would the location of his center of mass in relationship to his skis change if the skier in figure 6 was in motion? Explain. (2)

22. In teaching an 8 year-old how to board slide, how would you structure your lesson to cater to the child's cognitive, physical, and affective development? Give 6 examples. (6)

23. How do you structure a lesson knowing your students will be more fatigued towards the end, yet safely help them improve their skills during the time of less energy? (2)

24. Without asking your students directly, name 4 indicators you might see in your students as they become more tired. (4)

25. Describe two ways you structure your lesson to move away from the direct instruction format. (2)

26. In what circumstances would you use each of your two lessons structures? (2)

ATML Worksheets

Using the A.T.M.L. model to break down the phases of a freestyle maneuver, write out a description of how to perform **3 freestyle maneuvers** from the following list, one from each column. Include the sensory contributions and speed, pop, and spin for each step of the A.T.M.L. Model. (16 / Worksheet)

RAIL / BOX

Frontside lipslide
Backside lipslide
Natural lipslide
Unnatural lipslide
Backside 270 on to
boardslide to land regular
Unnatural 270 on to
boardslide to land regular

JUMP / AIR

Frontside 540
Backside 540
Natural 540
Unnatural 540
Off-axis spin

HALFPIPE

Frontside 540
Backside 540
Natural 540
Unnatural 540
Switch Air

ATML Worksheet

Name of maneuver/trick: _____

Approach

Takeoff

Maneuver

Landing

ATML Worksheet

Name of maneuver/trick: _____

Approach

Takeoff

Maneuver

Landing

ATML Worksheet

Name of maneuver/trick: _____

Approach

Takeoff

Maneuver

Landing

