



Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for taking time to complete this Quiz. This is designed to be a learning tool, not an evaluative tool. Most of the questions can be answered by reading the Instructor Manual and the Volunteer Manual. Some require you to use your knowledge and best judgment to interpret the answer. For multiple choice questions, please select the best answer(s) for each question. **Completing this quiz is essential**, as it will give you a head start on training and earn you 2 volunteer voucher hours. **Please print and complete this quiz and bring it with you to the Policies and Procedures portion returning instructor training! Thank You!**

**From the Winter Instructor Manual:**

**1. This DSES Winter Volunteer Manual can:**

- a. Provide teaching information useful at DSES
- b. Serve as resource for Level 1 certification
- c. Give an introduction to principles of the American Teaching System
- d. All of the above

**2. Please supply a brief description of the following principles and philosophies of the American Teaching System:**

- a. Student Centered
- b. Outcome based
- c. Experiential
- d. Learning Partnership Based
- e. Guest Service Driven

**3. Cognitive and Developmental disabilities commonly seen at DSES are:**

- a.
- b.
- c.
- d.

**4. Successful Adaptive Instructors are familiar with what?**

- a.
- b.
- c.
- d.

**5. The priority in your lessons should be**

- a. Learning, Safety, then Fun
- b. Fun, Safety, then Learning
- c. Safety, Fun, then Learning
- d. Safety, Fun, then Snack Break

**6. The acronym CAP in the CAP Model stands for**

- C
- A
- P

**7. Please supply the correct age group for the following Cognitive characteristics**

**Cognitive Characteristic**

**Age Range**

- a. Able to image – to picture themselves moving in their mind
- b. Can only follow one direction at a time
- c. Ability to think in abstracts
- d. Can see the world from more than one point of view
- e. Have trouble comprehending the mirror image
- f. May believe everyone is observing or judging them

**7. Please supply the correct age group for the following Affective characteristics**

**Affective (Emotional) Characteristic**

**Age Range**

- a. Able to understand consequences but may tend to act first
- b. Peer acceptance is desired
- c. Acceptance by parents, adults, teachers is important
- d. Need to know the rules
- e. Peer view is important in deciding good/bad
- f. Clever as a fox morals

**8. Please supply the correct age group for the following Physical characteristics**

**Physical Characteristic**

**Age Range**

- a. Large head in relation to body size
- b. Strength and coordination may not match bone growth
- c. Rapid growth and body changes
- d. Center of Mass moving down to hip area
- e. Large muscle group strength and coordination develops first
- f. Fine muscle coordination is developing

**9. Please list the 5 PSIA Skiing Fundamentals.**

- a.
- b.
- c.
- d.
- e.

**10. For any skier or snowboarder, which is the most important fundamental skill for overall improvement?**

- a. Balancing Movements.
- b. Rotary Movements.
- c. Pressure Control Movements.
- d. Tipping Movements.

**11. True or False: It is generally best to have rotary movements come from the upper body, if possible.**

**12. Which phrase best describes good balance in a snowboarder doing a straight run:**

- a. Head and hips over the front foot with upper body in alignment with the lower body.

- b. Head and hips centered between the feet with the upper body facing down the slope.
- c. Head and hips centered between the feet with upper body in alignment with the lower body.
- d. Head and hips over the rear foot with the upper body facing down the slope.

**13. Why is it important for the Adaptive Instructor to understand the Turning Phases?**

**14. In a well performed wedge turn on a beginning slope pressure along the outside ski is at its maximum during which turning phase?**

- a. Initiation Phase
- b. Shaping Phase
- c. Finishing Phase

**15. Please describe the most favorable turn shape described in the manual and why it is important to turn in that shape.**

**16. Please list in order of skill development, the Alpine Tasks and Turn Types or the Snowboard Tasks and Turn Types in the Instructor Manual.**

**17. Please list the 7 steps of the Adaptive Teaching Model**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**18. Why is understanding the Adaptive Teaching Model important?**

**19. Once a student is skiing on the Discovery Chair (Ch. 11) and has appeared to grasp a new movement that you have just taught, what should you do next?**

**20. How would you adjust your communication while presenting a teaching topic to a student that has a cognitive disability which results in Mental Retardation?**

**21. Please list the 6 Steps of the DSES Student Assessment Model**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**22. The ideal terrain for a student sliding down the hill for the first time would be**

- a. A long gentle slope.
- b. A gentle slope with a double fall line.
- c. A gentle slope with a gradual flat and then a slight uphill section which brings them to a stop.
- d. A steep beginner slope.

**23. What can you do to make your student's first run down the hill in the beginner's area as least frightening as possible?**

**24. Which of the following must your student be able to do prior to riding the chairlift?**

- a. Be able to stop in a wedge.
- b. Be able to stop with assistance from the instructor.
- c. Be able to stop by turning.
- d. Any of the above

**25. Once you have exited the chairlift you should:**

- a. Immediately stop on the unloading ramp and get your student organized for the run.
- b. Ski off with your student following you.
- c. Stop, Strap in or put your poles straps on
- d. Glide away from the unloading ramp, stop and get your student organized for the run.

**26. Once a snowboard student has exited the chairlift safely and is ready to move down the run, all subsequent exercises should be performed**

- a. With only one foot strapped in
- b. With two feet strapped in
- c. Stationary with no feet strapped in
- d. As precisely as possible

**27. Please list the rules for riding the chairlift**

- a.
- b.
- c.
- d.

**28. True or False: On Discovery Chair, (Ch. 11), Instructors with students shorter than the top of the "wait here" sign should use the newly modified restraining bar whenever possible.**

**29. What is the movement or fundamental skill you should generally teach to introduce wedge turning?**

**30. In what situation would you use a different movement or fundamental skill to introduce wedge turning?**

**31. When would you choose to use the Alternative First Time Progression listed in the DSES Winter Instructor Manual?**

**32. What are the three steps or tasks used to introduce a “Spontaneous Wedge Christie”**

- a.
- b.
- c.

**33. The best terrain to learn new skills on for an intermediate student is:**

- a. The terrain they like to ski or ride on the most.
- b. Terrain which is very easy for them, potentially beginning terrain.
- c. Runs which give them a thrill.
- d. Freshly groomed intermediate runs.

**34. You should move students to new terrain only:**

- a. When their parents want you to.
- b. Near the end of the lesson.
- c. When they are bored on the terrain they are on.
- d. When they have mastered the terrain they are on.

**From the Winter Volunteer Manual:**

**35. “Challenge by Choice” means:**

- a. The student chooses to be challenged.
- b. The student gets to select the level of challenge in the lesson.
- c. Volunteers select the level of challenge of their participation in each event.
- d. Based on experience, DSES selects the level of challenge for you.

**36. If you are scheduled for a lesson, you need to arrive at DSES or at the selected venue:**

- a. At least 15 minutes before the lesson start time.
- b. At least 30 minutes before the lesson start time.
- c. It doesn't matter as long as you get there before the student arrives.
- d. At least 5 minutes before the lesson start time.

**37. Please write the 7 points of Your Responsibility Code:**

- a.
- b.
- c.
- d.
- e.

f.

g.

**38. DSES and Mammoth Mountain Ski Area grooming standards require:**

- a. Men with facial hair need to shave cheeks and necklines daily.
- b. All volunteers should have hair which is neat, tidy and does not interfere with their roles.
- c. Men must have no longer than collar length hair.
- d. Men to have no more than 1 earring per ear.
- e. Men have established facial hair prior to teaching.

**39. If a student needs assistance in the bathroom you may do all of the following except:**

- a. Help students out of their outer garments.
- b. Enter the restroom stall alone with a student.
- c. Leave the stall door ajar while assisting with restroom needs.
- d. Ask a staff member for help if you are not comfortable.

**40. The following are off limits without prior authorization when teaching except:**

- a. Parks and Pipes.
- b. The Twilight Zone.
- c. Runs off of the top of the mountain, including "Roadrunner".
- d. All of the above

**41. If you have a student who you feel is capable and can benefit from skiing the top of Mammoth Mountain, and that the snow conditions are appropriate, what should you do?**

**42. In what instance(s) would you use your discretion to go to the ski school private lesson line at Chair 11 , (Discovery Chair)?**

- a. When on your first run on with a student using sit down equipment.
- b. On subsequent runs with a student using sit down equipment.
- c. With a student who has no troubles waiting in the longer ski school group lesson line.
- d. With a student who will likely get extremely frustrated while standing in a longer line.

**43. A syndrome usually diagnosed by the age of 3, characterized by extreme withdrawal and a resistance to change best describes**

- a. Cerebral Palsy.
- b. Multiple Sclerosis.
- c. Developmental Disabilities.
- d. Autism Spectrum Disorder.

**44. A group of conditions affecting body movement and muscle coordination caused by damage to the immature brain best describes**

- a. Cerebral Palsy.
- b. Multiple Sclerosis.
- c. Developmental Disabilities.
- d. Autism Spectrum Disorder.

**45. A developmental anomaly characterized by defective closure of the spinal column.**

- a. Spinal Cord Injury
- b. Multiple Sclerosis
- c. Muscular Dystrophy

d. Spina Bifida

46. **A group of disorders that affect a broad range of academic and functional skills.**

- a. Trisomy 21
- b. Autism Spectrum Disorder
- c. Learning Disabilities
- d. Cerebral Palsy

47. **True or False: A Learning Disability is indicative of low intelligence.**

48. **If you have an injury to your student you should:**

- a. **Send your Assistant Instructor to call Ski Patrol**
- b. **Leave your student with your secondary instructor while you contact ski patrol.**
- c. **Move your student a safe place and provide appropriate first aid.**
- d. **Provide first aid.**

49. **The best measure of a successful lesson is:**

- a. Achieving an agreed upon number of runs.
- b. Getting to new terrain.
- c. Meeting your student's goals.
- d. Increasing your student's independence.

50. **True or False: Some kind of nametag should always be worn while in a DSES uniform.**

51. **Who is allowed in the DSES locker room?**

- a. DSES volunteers and staff.
- b. Children of DSES volunteer staff.
- c. Students of DSES.
- d. Random skiers.

52. **Please select which of the following are contained in the DSES Guidelines for lifting.**

- a. Wide stance.
- b. Neutral spine, keep abs tight.
- c. Ask before touching.
- d. Lift with your legs, not your back.
- e. Person being lifted knows best.

53. **What should you do if you see or observe a piece of DSES equipment which is broken or needs maintenance?**

54. **When is a Seizure Belt mandatory for a stand up skier? Hint: This is a new guideline!**

- a. When the student has had a seizure or change of medication in the last month.
- b. When the student has had a seizure or change of medication in the last 3 months.
- c. When the student has had a seizure or change of medication in the last 6 months.
- d. When the student has had a seizure or change of medication in the last 12 months.

55. **According to the DSES Winter Volunteer Manual, when are wrist tethers mandatory?**

56. **At what times do lessons end traditionally end?**

- 57. At what times should you return from your lesson back to the DSES meeting area inside?**
- 58. How many reports should be filled out if you have an injury in your lesson? How many if you have an incident which only needs documentation?**
- 59. When is it best to ask a parent or caregiver to fill out a Guest Comment card?**
- a. After every lesson**
  - b. After the last lesson in this series of lessons**
  - c. Never ask them**