

CSCF Entry Level ePrep Test Questions

Module Test Questions - 75% is the required score

Module #1 - Self test

Canadian Approach to Ski Racing

What three (3) general activities or tools from the Canadian approach are available to help coaches?

consolidated skills
technical tools
initiation skills
tactical approach
active engagement
skiing biomechanics

What are four (4) basic skiing skills?

adaptation
balance
timing
edging
coordination
composition

What are three (3) things that can influence a young skier's ability to adapt their stance?

creative variation
changing terrain
varying snow conditions
physical abilities
turn shape
type of ski

What are the four (4) planes of balance in skiing?

rotational
frictional
lateral
vertical
forward/backward
angular

Coaches should create situations for entry level skiers that test which two (2) elements of their balance?

- carving
- anticipation
- agility
- edging
- recovery skills
- equilibrium

What two (2) factors can affect a young skier's ability to maintain their alignment?
a platform

- core strength
- equipment
- nutrition
- maturity

A tactical approach refers to which three (3) items?

- line of travel
- fall line
- speed management
- turn shape
- balance
- supervised skiing

What are three (3) elements of phase 1 of the turn that entry level skiers should be encouraged to learn?

- setting edges for new turn
- maximizing ski loading
- down unweighting
- increasing edge angle
- releasing edges from previous turn
- maintaining alignment

What two (2) actions should young skiers be encouraged to do in phase 3 of the turn?
steering

- releasing the edges
- weighting outside ski
- angulating
- increasing edge angle
- gliding

What are three (3) biomechanical principles used in skiing?

angulation
direction
stability
pole plant
velocity
loading

What are three (3) ways a young skier can test their stability skills?

ski varied conditions
ski slowly
manage loading
vary speed
warm up properly
vary turn shape

What are three (3) factors that affect a skier's direction after unloading the skis?

where the force was applied
pole plant
stability
timing of applied force
angular motion
line

Module #2 - Self test Skill Development

What are four (4) stages of skill development?

evolution
adaptation
consolidation
composing
acquisition
refinement

What are two (2) elements in the acquisition stage of skill development?

- patterning movements
- skiing bumps
- initiating turn
- varying terrain
- modifying movements
- modelling form

Indicate four (4) factors that can affect a young skier's performance?

- tactical
- environment
- physical
- initiation
- improvisation
- technical

What are three (3) equipment factors that can affect an the entry level skier's performance?

- balance point of ski
- ski tuning
- ski length
- boot fit
- binding setting
- tip deflectors

What four (4) environmental factors are considered outside the skier's control?

- fog
- snow conditions
- terrain
- agility
- blowing snow
- strength

What are the four (4) elements of the skill analysis framework?

- assessment
- interference
- diagnosis
- observation
- engagement
- intervention

What four (4) things should coaches consider when observing a skiing performance?

- indicators
- global movements
- evaluation
- number of repetitions
- different view points
- prescription

Chose three (3) elements of a coaching intervention that reflect good coaching practice?

- timely feedback
- remedies
- observation
- negative comments
- follow-up
- key phrases

Coaches should be familiar with which three (3) learning styles?

- instruction
- auditory
- visual
- kinaesthetic
- feedback
- task orientation

Choose two (2) things that coaches should provide for visual learners?

- good demonstrations
- clarity
- detailed instructions
- lots of feedback

What two (2) factors in kinaesthetic learning will help sensory learners?

- lots of feedback
- time on task
- feedback related to sensations
- lots of demonstrations

What are three (3) different methods of coaching?

- visual
- active engagement
- guided discovery
- task teaching
- feedback
- direct instruction

Module #3 - Self test Mental Skills Training

Which four (4) elements of mental skills training can coaches introduce to entry level participants?

- self learning
- goal setting
- visualization
- positive self talk
- guided discovery
- task teaching

Choose two (2) roles the coach plays during the goal setting process?

- the collaborator
- the goal setter
- the process person
- the observer

What are three (3) characteristics of a self confident entry level skier?

- argumentative
- withdrawn
- disruptive to the group
- active in self-learning
- will challenge themselves
- receptive to feedback

Choose one (1) important benefit to self learning process over the long term? The participant will be:

- focused
- self reliant
- emotionally stable
- positive in their outlook

What are two (2) methods that can be used to encourage self learning?

constant feedback
good demonstrations
encouragement
visualization
skier doing performance review

Module #4 - Self test Equipment Selection

What are three (3) important considerations when choosing skis for entry level skiers?

side cut
ski length
skier weight
factory tuning
good in all conditions

What are three (3) factors to consider when selecting ski boots for young skiers?

racer fit
comfort
warmth
support
rebound effect
room for growth

What is one (1) important consideration when choosing bindings for entry level skiers?

height adjustments
boot length adjustments
safety

Module #5 - Self test
Basic Ski Tuning

Identify four (4) items that should be part of a ski tuning kit?

tuning machine
brass brush
diamond stone
chrome file
body file
base grinder

What three (3) factors determine the amount of detuning required for edges?

camber
ski type
snow conditions
type of wax
base protection
skier ability

What are (3) good reasons for waxing skis?

protect the base
better straight sliding
easier turning
holding on ice
more stability
weight distribution