

## **GLOSSARY OF TERMS**

Sourced from the P.S.I.A. Alpine Manual, the P.S.I.A. Level 1, 2, & 3 Study Guides, and The A.A.S.I. Snowboard Manual. There are plenty more where these came from!

<b>OUTCOME BASED EDUCATION</b>	A system of education in which the learner achieve a series of developmental milestones that lead to an overall goal. In the PSIA or AASI teaching systems, each level. 1-9 for skiing and 1-6 for snowboarding, has a specific outcome, defined as skills a student must exhibit before moving from one level to the next.
<b>STUDENT CENTERED TEACHING</b>	Teaching that is determined by the student's needs, desires, expectations, preferred learning styles, and reactions to the learning process. Student centered teaching is one of the most important underlying philosophies in ATS.
<b>ART OF TEACHING</b>	The ability to present information in a interesting and creative way; introduce new concepts at just the right time; deal with performance frustration and anxiety; elicit group participation; individualize each lesson; encourage play and work at appropriate times; and orchestrate all these elements into a cohesive ski lesson that produces results.
<b>THE SCIENCE OF TEACHING</b>	The ability to draw from your knowledge base to support the lesson content.
<b>LESSON PACE</b>	In order to keep students interested and motivated you will need to dole out information appropriately with respect to the student's changing energy levels. The balance of learning, practice, and play time needed to reach desired outcomes.
<b>LEARNING STYLES</b>	A persons preferred or dominate style of learning or processing information. Visual, auditory, or kinesthetic. V.A.K.
<b>TEACHING STYLES</b>	Command, task, reciprocal, guided discovery, problem solving
<b>PROGRESSION</b>	A basic teaching plan that follows a logical path to a conclusion. Generally easier to more difficult.
<b>PROGRESSION ADAPTATION</b>	A specific class plan designed and modified from a basic progression to reach a specific outcome or goal.
<b>LINEAR PROGRESSION</b>	A basic class plan that follows a a predictable path from least difficult to most difficult. Example=Stepping to walking to gliding to straight run, etc.

**CIRCULAR OR CYCLICAL PROGRESSION**

A class plan that follows a less predictable pathway. Sometimes dictated by student success, maneuvers, snow conditions, weather, etc. Example= Wedge Christies to Garlands to Wedge Christies to Sideslip to Pole Plant to Wedge Christies.

**CLASS ARRANGEMENTS**

Line up or Line and one, Semi-Circular, Circle around the Instructor, Huddle Up, Follow the Leader, Call Down, Peer Teaching, Micro Teaching, Demonstration, 2 Lines Opposed, Free Practice.

**PSYCHOLOGICAL FACTORS AFFECTING LEARNING**

Focus, Motivation, Intensity, Confidence

**SKILLS CONCEPT (SKIING)**

Rotary or Turning Movements, Edging Movements, Pressure Control Movements, Balancing Movements.

**COMMON SKILL FEATURES or SKILL BLENDS (SKIING)**

Flex the hips, knees, and ankles through the turn, Extend the new outside leg at turn initiation, Turn the legs to create counter, Actively guide both skis into a turn, Direct the center of mass toward the new turn.

**CENTERLINE (SKIING)**

A set of four specific reference maneuvers ( wedge turn, wedge christy, open parallel and dynamic parallel) that are performance standards for students and movement analysis models for instructors. Rather than being fixed or rigid final forms, these maneuvers take into account terrain and snow conditions, skier body type and turn type. While you may recognize a wedge turn, not all will be exactly alike because of the listed variables. All wedge turns of the Centerline model will have the common skill features in an appropriate blend. The same will be true for the other three milestones.

**SKILLS CONCEPT (SNOWBOARDING)**

Body movements=Flexion and Extension, and Rotation, combined with Gravity creates Board Movements=Rotation (Pivot), Torsional Flex (Twist), Pressure Distribution, and Edge Angle (Tilt) resulting in snowboard performance. ACTIONS CREATE REACTIONS.

**THE “Y” MODEL (SNOWBOARDING)**

The “Y” Model provides a framework for styles of riding. The milestones include Basic Turns, Dynamic Turns, 180 Spins, Riding Switch, and Carving. Further definitions include the areas or Freestyle, Free Ride, and Alpine Carving. They are a series of milestones that provide the student with goals and the instructor with movement analysis models.

**MOVEMENT ANALYSIS**

The process of watching students, understanding and describing the observed movements, and understanding the relevance and effects of those movements.

TEACHING PATTERN	Includes the steps of Explanation, Demonstration, Practice and Feedback. They may occur in any order.
CLOSURE	1. Bringing a learning segment to an end and helping students make sense of what they have learned. 2. A short time at the end of the lesson that may include the review of the lesson, a check for understanding, a practice assignment, a preview or proposal for the next lesson, and a thank you.
CLASS PLAN	A teaching blueprint prepared ahead of time to help prepare the instructor. A collection of exercises, tasks, and thoughts combined with appropriate terrain selections designed for a specific class. Generally based off of the ski school progression complete with options for weather and snow conditions, as well as successes and challenges in the class group. May be as specific as necessary.
FALL LINE	A imaginary line down the hill that follows the steepest descent.; the gravitational line down the hill; the path a ball would follow if released down the hill.
FLEXION	A movement that decreases the angle of a joint, such as straightening a leg or pointing your toes.
EXTENSION	A movement that increases the angle at a joint, such as bending at the knee, ankle, hip, waist or spine.
COMMON THREADS	Skill features present at all levels of skiing or riding.
GARLANDS	Performing the beginning and the end of a series of turns, without the middle of the turn. This linked series takes the skier/rider across the slope without crossing the fall line. A series of linked partial turns across a slope using only one edge.
CARVING	To make turns with the minimum of skidding; pure carved turns display clean, long arcs in the snow as the entire length of the board or ski passes through the same point on the snow.
SKIDDING	The result of a ski or snowboard moving forward and sideways simultaneously. (Old school skiing term = Christy)
STEERING	The use of muscular actions to direct the path of the skis or snowboard. The act of guiding the skis or snowboard with a blend of pressure, edging, and rotational (skiing) or Pivoting (snowboarding) forces.

## FALLING LEAF

An exercise in which the skier or rider alternately skids or sideslips forward and backward to move down the hill in an imaginary corridor

## SKI OR SNOWBOARD GEOMETRY

Camber= The bridge like arc seen when a ski or board is placed base down on a flat surface; distributes the skiers/riders weight over the length of the ski or board.

Side Cut= The component of shape of a ski or snowboard in which the middle is narrower than the tip and the tail. It may be symmetrical or asymmetrical.

Flex= The general description of the longitudinal stiffness or softness of a ski or snowboard

Torsional Flex= The general description of the ski or boards ability to resist twisting down its longitudinal axis.

## BALANCE BALANCING MOVEMENTS

Muscular actions on the joints to maintain equilibrium, or the desired alignment on skis or snowboard. These movements are usually divided into two categories: 1. Actions that affect fore and aft balance. 2. Actions that affect lateral balance.

## PRESSURE CONTROL MOVEMENTS

Actions that create, maintain, reduce, or redirect the pressure of the skis or snowboard on the snow. It is achieved through leverage, flexion, extension, and in some cases weight transfer from ski to ski. Pressure control movements may be along the length or longitudinal axis of a ski or snowboard or may be in the form of twist over the longitudinal axis of a snowboard.

## EDGING MOVEMENTS

Actions that increase or decrease edge angles to control lateral grip of the skis or snowboard on the snow. The action may include the change of edge.

## STEERING or TURNING MOVEMENTS

The use of muscular actions to guide the path of the skis or a snowboard through a blending of pressure, edging, and rotational or pivoting actions.

## FLOW

The continuous movement of the skier's or rider's center of mass through a series of linked turns.

## ROTATION

A circular movement about an axis. The rotational movement of the body about its vertical axis resulting in a reaction of the skis or snowboard. Rotation may also include the arms or legs moving about their axes.

## TWIST(SNOWBOARD)

1. The difference in edge angle between different parts of the snowboard along its longitudinal axis. 2. The amount of torsional flex present in a snowboard. 3. To create torsional flex in a snowboard.

UNWEIGHT	To reduce the amount of pressure on part or all of a snowboard or ski(s). There are several ways to unweight. 1. To up unweight by rapid extension of the body. 2. To up unweight with rebound produced by decambering a ski or board at the end of a turn. 3. Terrain unweighting produced as the terrain rapidly falls away from under the skier or rider. 4. Down unweighting produced by a rapid downward flexion of the body.
PIVOT(ING)	To rotate about an axis extending perpendicular from the ski's or board's base. The action resulting from the application of rotational forces to a ski or snowboard.
CENTER of GRAVITY	Essentially the same as the center of mass
CENTER of MASS	The point at which the entire mass of the body may be considered to be concentrated. If the body is made up of many small elements of mass, the average location of these elemental masses is the center of mass. Generally, the center of mass in an adult male is approximately at the base of the rib cage, just above the stomach. Generally, the center of mass for an adult female is approximately at the low stomach or high on the pelvis. Generally, the center of mass on a child is high in the chest because of the head is oversized and in disproportion to the body.
P.S.I.A.	Professional Ski Instructors of America. A non-profit association dedicated to promoting the sport of skiing and other mountain sports and recreation. P.S.I.A. provides a standardized teaching and testing programs for ski instructors in the United States.
A.T.S.	American Teaching System. P.S.I.A.'s education program that provides a guideline to three basic tenet's of teaching others to ski; the instructional aspects- the Teaching Model; the technical, or skill related aspects- the Skiing Model; and the customer relations, or guest service, aspects- the Service model.
A.A.S.I.	American Association of Snowboard Instructors. A sister organization to P.S.I.A. supporting the snowboard teaching industry. A.A.S.I.provides a standardized teaching and testing programs for snowboard instructors in the United States.
S.T.S.	Snowboard Teaching System. The A.A.S.I. teaching system, based upon A.T.S.; the S.T.S. includes riding concepts, learning concepts, teaching concepts, and service concepts.
U.S.S.A	United States Ski Association. Representing recreational skiing and amateur ski competition in the U.S.
U.S.S.C.A.	United States Ski Coaches Association.

- U.S.S. United States Skiing. An organization that represents competitive skiing in the U.S. organizers of the U.S. Ski Team, U.S. Freestyle Team, U.S. Para-Ski Team, and U.S. Snowboarding Team.
- S.I.A. Ski Industries of America. Now called Snowsports Industries of America. A national member owned trade association representing ski and snowboard manufactures, distributors, and retailers.
- N.S.P. National Ski Patrol. An organization that sets standards for first aid and rescue procedures and training as well as testing of volunteer and professional ski patrollers.
- N.S.A.A. National Ski Area Association. An organization that represents the area operators for the purposes of common good relating to legal, political, operational, and promotional needs.