

Questions:

- 1) What is the name of the controlling body for alpine skiing in New Zealand:
  - a) NZSIA
  - b) SBINZ
  - c) Snow Sports New Zealand (SSNZ)
  - d) High Performance Sport NZ
- 2) As a coach you may be responsible for
  - a) Nutrition
  - b) Feedback
  - c) Psychological support
  - d) All of the above
- 3) Success should be defined by
  - a) Winning a race
  - b) Being the first to the bottom
  - c) Perfect effort
  - d) Making Mum & Dad happy
- 4) Exercise for ages 6-10 should focus on
  - a) Balance, co-ordination and agility
  - b) Strength
  - c) Flexibility
  - d) Endurance
- 5) The main technical goal for a 6-10 year old should be
  - a) Winning a race
  - b) Rotational Separation
  - c) General stance/alignment and fore-aft
  - d) Ankle flexion
- 6) As a general guideline 6-10 year olds should
  - a) Spend most of their time in gates
  - b) Spend around 90% on freeskiing and skill development and 10% in gates
  - c) Race as much as possible
  - d) Spend 50% freeski/skill development and 50% gates
- 7) Between the ages of 11-14 female and male athletes will generally
  - a) Develop at the same rate
  - b) Get to know each other
  - c) Learn how to race better
  - d) Separate developmentally both physically and psychologically
- 8) Important elements of course inspection include (but are not limited to)
  - a) Rhythm
  - b) Slope Angle
  - c) Banana/delayed gates
  - d) All of the above
- 9) Ski school lessons are different to race coaching because
  - a) Goals are pre-determined when kids sign up for a race team
  - b) Speed is more important for racers
  - c) Lessons are cheaper than race coaching
  - d) Ski school is much easier
- 10) Which subject does not apply to "good" goals
  - a) Specific
  - b) Difficult
  - c) Achievable
  - d) Measurable
- 11) Which of these is not a phase of motor skill learning according to Fitts and Posner
  - a) Associative
  - b) Cognitive
  - c) Autonomous
  - d) Ownership
- 12) Drills should
  - a) Only be used when critical
  - b) Be unspecific
  - c) Be presented using VAK
  - d) Never be copied from other coaches

- 13) It is better to
- a) Randomly throw as many drills at athletes as possible
  - b) Hold the group back to the lowest level
  - c) Assume athletes learn at the same rate
  - d) Have ways to advance drills for athletes who are ready in order to facilitate continuous learning
- 14) Course setting for training should
- a) Be a puzzle to facilitate skill development
  - b) Never be more than 15 turns
  - c) Always follow regulations
  - d) Use only red gates
- 15) Inherent feedback is
- a) Usually false
  - b) Helpful in soft snow
  - c) More beneficial for learning motor skills than augmented
  - d) Too obvious to be analyzed
- 16) Feedback should
- a) Always let the athlete know what they are doing wrong
  - b) Generally be prescriptive
  - c) Be offered in a positive tone
  - d) B & C
- 17) Rules and regulations are
- a) Available on the SSNZ website
  - b) Important to know
  - c) Usually too strict
  - d) A & B
- 18) Maximum distance between gates (meters) for Children's GS is
- a) 19
  - b) 30
  - c) 27
  - d) 15
- 19) Children's SL/GS Kombi regulations dictate that races must have
- a) SL sections max distance 12m
  - b) Have a minimum of 5 sections
  - c) Have a minimum of 30 turns
  - d) All of the above
- 20) Safety in the race world
- a) Is the same as group lessons
  - b) Is critical at all times and involves unique aspects
  - c) Is generally fairly relaxed
  - d) Is out of our control