

Candidate name _____

Rider's goal _____

SBINZ Level Three Analysis Written Exam

Please answer the written questions below in the simplest way possible.

Detect

1. Does this rider have a fundamental stance issue that is present throughout most of their riding? *Please describe below.*

2. Which movements and board performance concepts are the PRIMARY issues with this rider? *Please select the MAIN issues.*

Vertical	Lateral	Rotational	Longitudinal
Edge	Pressure	Steer	

3. In which turn and phase of turn do you see these primary CAUSES occurring? *Please select one turn and one or two phases.*

Toeside		Heelside	
Preparation	Initiation	Control	Completion

4. In which turn and phase of turn do you see the primary EFFECTS occurring? *Please select one turn and one or two phases.*

Toeside		Heelside	
Preparation	Initiation	Control	Completion

5. Which element of range-timing-power is MOST relevant with the previously identified inefficiencies? *Please select ONE answer.*

Power

Timing

Range of Movement

6. Please describe which parts of the body were used in the inefficiencies you have identified on the previous page.

7. Did ANY of the previously identified issues negatively affect other movements? If so, how?

8. Did this turn affect their ability to make the next turn or vice versa? If so, how?

Correct

9. Please describe how you would get this rider in a more balanced stance.

10. Outline some tasks or parts of a progression that will target the main inefficiency.

11. How would these tasks help the rider with his/her use of the edge-pressure-steer model? Please include range, timing and power.

Develop

12. Keeping the student's ability level and goal in mind, what is a realistic option to continue developing this student's skill base?
