

Name _____

Rider's goal _____

SBINZ Level Two Analysis Written Exam

Detect

1. Does the rider have a fundamental stance issue that appears consistently throughout their riding? If so, please select the phrases that MOST apply to this stance.

Please select one or two from the below.

Too tall / extended

Too small / flexed

Too open to the nose

Too closed to the nose

Too aft / leaning back

Too fore / leaning forwards

Too far on the toe-side

Too far on the heel-side

2. In which turn do you see the main inefficient movements occurring? Please select one.

Toe-side

Heel-side

3. Which of the movement(s) being used are the MAIN issue here? Please select one or two.

Vertical

Longitudinal

Lateral

Rotational

4. Which Board Performance is affected the MOST as a result of the above movements?

Please select one.

Edge

Pressure

Steer

5. Describe the issues you have identified in questions 2,3 and 4, ensuring you relate the body movement (cause) to the board (effect).

Correct

Please answer the questions below in the simplest way possible.

6. Describe how you would get this rider in a more balanced stance, including a task.

7. Outline your corrective lesson plan to target the issues identified in question 5, including how the relative body parts need to move.

8. How would you adapt a part of the above lesson plan using either experiential or environmental teaching tactics?

Develop

9. Keeping the student's ability level and goal in mind, how would you continue to develop this student's skill base?
