



Central Division Telemark Level Two

Question No.	Questions	Answers
1	Although Tele , Classic and Skate ski share a common history and movement pools. Tele (like Alpine and snowboarding) _____.	
2	Unbalanced forces cause an object to _____, _____ & _____.	
3	If two skiers of different masses (and same wax) travel a straight path down the hill, who will go the farthest?	
4	Being as the human body is irregularly shaped its center of mass remains in one location. T or F.	
5	Centripetal force is the force whose net direction _____.	
6	Angulation and inclination can be observed from the _____ plane.	
7	When the bones of a skiers skeleton are aligned or stacked they withstand skiing forces. T or F	
8	The spine does not move laterally: T or F	
9	The hip joint is the largest joint in the body. It supports nearly all of the body's weight and allows the leg to bend (flex), straighten (extend) and rotate very slightly. T or F	
10	The ankle is the joint used for dorsiflexion and plantar flexion. T or F	
11	Torso muscles are commonly referred to as the core . T or F	
12	The tensor fasciae latae is part of the outer thigh. T or F	
13	A ligament is a band of tough dense fibrous tissue connecting bones to other bone. T or F	
14	Foot and ankle movements are somewhat irrelevant in Tele skiing. T or F.	
15	Weight is placed on the whole of the trailing foot and the ball of the lead foot in the basic Tele stance. T or F	
16	The primary movement in the lead change occurs at the _____ joint.	
17	The steering angle is the angle between the direction the skis point and directions of travel. T or F	
18	Edge angle refers to the angle of the edge relative to the snow. T or F	
19	With anticipation in Tele skiing the hips are aligned with _____.	
20	Why must telemark skis be capable of being flat-mounted?	
21	What does NTN stand for?	
22	The NTN and 7tm bindings are both DIN certified tele bindings? T or F	
23	A binding with too little activity or resistance would be more difficult to ski on hard packed snow. T or F	



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24	Knowing effective and ineffective skiing in the separate movement pools complements movement analysis. T or F	
25	Effective balance and stance the weight is on both the front foot and ball of the back foot in a tele stance and on both feet in an alpine stance. T or F	
26	A balanced skier will usually watch his or her skis. T or F	
27	If the skier's inside ski bends more than the outside ski, would this be effective or less effective balance and stance.	
28	An effective way to edge change is to lift the inside ski or stemming	
29	The skier extends up or moves up and back before moving into the new turn. Is this effective or less effective movements?	
30	If a skier uses the upper body to initiate ski turning, is this effective or less effective rotational movements?	
31	With effective pressure control movements the skis bend progressively through the turn, with the entire length engaged. T or F	
32	All of the following are effective pressure control movements: 1. Pressure management includes fore/aft and foot-to-foot movements. 2. Sometimes one or both skis are off the snow. 3. Pressure is maintained on both feet throughout the turn to maintain ski-to-snow contact, unless tactics or terrain demand otherwise. 4. The upper body flexes and rotates regularly and excessively at the hips/spine. T or F	
33	The lead change is continuous motion from one tele stance to another. Is this effective or less effective lead change movements?	
34	In effective directional movements to enhance linked turns, the pole swings smoothly in the direction of travel. T or F	
35	A skier's outside hand, shoulder and hip lead throughout the turn, is this effective directional movement or less effective directional movement?	
36	What does DIRT stand for?	
37	In the shaping phase the skis are guided through their intended arc. T or F	
38	In movement analysis process the third step is to prescribe a solution to help the skier become more effective. T or F	
39	When observing a skier's skis, should the skis have the same distance from each other in a side to side relationship. T or F	
40	In the Prescription phase of MA, if you have your Guest stop doing something in their skiing, you should also do what?	



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41	What three essential steps must take place for you to help your Guest become more proficient?	
42	The final step in the MA Process is to determine what skill or aspect of a skill should change. T or F	
43	The stepping stone approach encourages you to find the best _____ for your Guest.	
44	Why would you use shuffling (500, 750, 1000) in a Tele lesson?	
45	When skiing moguls, what is the teeter point?	
46	Movement of a limb away from the body's midline is _____?	
47	Name three of the forces at work when you stand still or move and turn your skis?	
48	Name the four Tele skills. 1. 2. 3. 4.	
49	Students who process information verbally and cognitively are _____?	
50	You experience the force of gravity as pressure on _____.	