



Central Division Telemark Level Three

Question No.	Questions	Answers
1	Name the six forces at work when you stand still or move and turn your skis.	
2	What are the two types of friction skiers experience?	
3	Technically speaking, state three ways a skier can accelerate . 1. 2. 3.	
4	Skiers create centripetal force by _____.	
5	Name the three planes of motion. 1. 2. 3.	
6	What can be observed from the horizontal plane.	
7	The hip's range of motion plays a a vital role in Tele skiing because it allows the leg to rotate, flex and extend, move sideways and when flexed the knee can tip sideways. T or F	
8	Incorporating eccentric tension will not facilitate bump skiing. T or F	
9	The two muscles responsible for extension are the gluteus medias and hamstrings. T or F	
10	The gluteus medias facilitates adduction. T or F	
11	The abductor longus facilitates adduction. T or F	
12	Dorsiflexion is the flexion of the foot upward. T or F	
13	Plantar flexion is the flexion of the foot upward. T or F	
14	The MTP joint can add an additional 30 to 40 degrees of dorsiflexion. T or F	
15	BOS stands for	
16	Describe the difference between simultaneous and sequential lead changes.	
17	The mark of effective lead change is to separate lead change from _____. Coordinate the lead change with _____ change. Adjust the timing of the lead change to _____.	
18	Describe "self-steering " as it applies to modern skis.	
19	Angulation involves tipping the whole body. T or F	
20	Rotational skills are those that turn the skis , and we refer to rotation as circular movements as happening about a vertical axis.	



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21	Pressure control in the Tele stance relies more on muscular strength than skeletal strength to resist the forces acting against him or her T or F.	
22	Flexion and extension movements move the CM _____ or _____ from the skis.	
23	Why do telemark skis usually have a softer flex than an alpine ski?	
24	What type of ski would you use for telemark racing?	
25	What advantage do rockered telemark skis have at low edge angles? What advantage do rockered telemark skis have at higher edge angles?	
26	What function do alpine and telemark boots share?	
27	Telemark boots are designed to permit flexing at the ball of the foot. How is this accomplished?	
28	Shimming the heel or toe piece of a tele binding is a good idea. T or F	
29	Efficiency relates both to energy expenditure and muscular efficiency, managing energy and strength so they are directed toward the desired result with no wasted effort. T or F	
30	A skier with effective balance and stance will have their elbows in front of the _____, with hand in front of the _____ to aid balance. The elbows are held _____ than the rib cage; the hands are held _____ than the elbows.	
31	What affect would an open front ankle and an over flex trailing knee have on the CM?	
32	The shin of the new front leg maintains subtle forward and lateral contact with the boot cuffs as the skier engages the new edges. T or F	
33	Tension of the inside leg doesn't not help maintain alignment and keep pressure on the inside ski. T or F	
34	Both skis and legs turn together throughout a tele turn. The predominant turning force comes from the _____ rotating in the hip sockets.	
35	The timing of pole swing helps release the ski edges and directs the CM into the new turn. Is this effective rotational movements or less effective?	
36	Effective pressure management includes _____/_____ and _____ to _____ movements.	
37	The skier blends lead and edge change with rotary and pressure-control movements. Is this effective or less effective lead change movements?	
38	The lead change happens before any rotary or edging movements in a turn that is effective lead change movements. T or F	



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39	The ankles, knees and hips roll forward and laterally to move into the new turn is effective directional movements to enhance linked turn or less effective?	
40	A tele turn begins when the skier releases one pair of edges and engages the new edges. T or F	
41	The shaping phase of the turn is always a round c shape. T or F	
42	In the finish phase of the turn, moving _____ into the new turn reduces the edge angle and begins the edge change.	
43	You should know your Guest's _____ before you watch them ski.	
44	A good question when observing a skier is, when are the skis most highly edged. T or F	
45	In the evaluation phase of MA, you evaluate both what you actually _____ and the _____ relationship between ski performance and body movements.	
46	When working with a Guest, you should understand the factors you can affect and those you cannot? T or F	
47	Why do many beginning tele skiers develop an A-frame as they experiment with tele lead change?	
48	Deadman turns and trust falls help develop what skills?	
49	Vibration, a rapid, repeated bite and release of an edge is called _____?	
50	Downhill skiing on free-heel equipment, the skier may do alpine skiing maneuvers as well as telemark turns and most cross-country skiing maneuvers is called _____?	