



Central Division Telemark Level One

Question No.	Technical Manual Page Ref	Questions	Answers
1	7	The history of modern Telemark stretches back to _____ as a simple recreation and distinct form of transportation for _____ and warfare in the _____ region of Norway.	
2	14	Gravity is a force that pulls the skier to the inside of the turn. T or F	
3	19	Centripetal force is a force whose net direction is toward the center of a circle. The cause of circular motion, it enables _____.	
4	21	Biomechanics is the study of how humans move including how _____, _____, _____ and _____ work together to accomplish a _____ task.	
5	21	Ankle Flexion can be observed from the _____ plane.	
6	23	Name two ball and socket joints. 1. 2.	
7	26	Inversion is _____.	
8	27	In concentric tension the muscles _____ flex and the fibers _____ to _____ opposing forces and move the joint.	
9	29	The core muscles essential for stabilizing the lumbar spine are?	
10	30	Name three muscles responsible for flexion. 1. 2. 3.	
11	31	External rotation incorporates what muscles. 1. 2. 3. 4.	
12	32	The tibialis anterior is primarily responsible for _____.	
13	39	What are seven things that affect balance. 1. 2. 3. 4. 5. 6. 7.	
14	45	Name three edging movements that are useful beyond self-steering. 1. 2. 3.	
15	48	Upper body rotation is preferred for _____ and _____.	
16	49	Leg Rotation is most useful in _____ and _____.	
17	49	Anticipation winds up _____?	
18	52	Name a way skiers maintain balance over their base of support.	



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19	essay	What role does the trailing foot/ski play in telemark turns?	
20	essay	One of your students never compresses the bellows of the trailing ski boot, only hinging the boot or the bindings. What impact will this have on his/her skiing? What skiing skills are lacking? How can you help him/her correct this?	
21	essay	One of your students regularly ends turns with their skis in the "T-bone" position (trailing ski pointing at the lead ski). What skills are they lacking? What would you do to help them correct this?	
22	73	What is the rule of thumb when selecting a rockered ski?	
23	73	Alpine boots permit a range of _____ degrees of flex. Tele boots permit a range of _____ degrees of flex.	
24	74	The bellows in a boot must match the skier's natural foot flex to allow proper balance on the ball of the foot: T or F	
25	74	Where did the name "pinheads" come from?	
26	56	If a skier is in balance, the CM remains centered _____ and _____/_____ between both feet.	
27	57	From what body parts should edging movements begin? The _____ and _____.	
28	57	Both skis should tip the same amount early in the turn. T or F	
29	58	Tipping of both skis onto edge early in the turn to take advantage of modern ski design and the ski's self-steering effect is effective edging or less effective edging movements?	
30	58	Without effective edging skills the skier cannot control the _____, _____, or _____ of the turn.	
31	58	Effective rotational movements the legs turn more than the _____ and before the _____ at turn initiation.	
32	59	The skis are _____ and _____ in amounts and degrees sufficient to accomplish a task and vary according to terrain or to satisfy intention.	
33	59	Stemming of a ski to begin the turn is effective rotational movements?	
34	60	A skier with _____ pressure control of the upper body flexes and rotates regularly and excessively at the hips/spine.	
35	61	The lead change is not blended with other skills this would be less effective lead-change movements. T or F	
36	61	The skier extends in the direction of the new turn to change edges is an effective directional movement to enhance linked turns. T or F	
37	61	In a less effective directional movement, the skier moves vertically upward before moving into the new turn. T or F	
38	63	What are the three common elements in most systems of MA? 1. 2. 3.	



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39	65	In movement analysis, what are the phases of a turn?	
40	65	From a spectator's point of view, in the finish phase of a turn the body may be seen as moving over the skis and/or the skis moving under the body. T or F	
41	66	When watching your Guest you should look for symmetry, flow and smoothness, the absence of which indicate areas of struggle and provide room for improvement. T or F	
42	66	In the observation step of MA, one thing to look for is, do the skis have equal edge _____?	
43	66	List two major components of observation.	
44	68	Name two components of the Four P approach to giving feedback 1. 2.	
45	69	Name three things that could affect your Guest's skiing other than technique and technical understanding?	
46	80	Stepping stones represent _____, _____, _____ and _____ along a general progression.	
47	82	Name at least two things to consider before moving to the next stone in the stepping stone approach? 1. 2.	
48	83	What are the three development phases in teaching?	
49	105	_____ is laterally tipping the body relative to the slope by creating angles between various body parts?	
50	113	Pulling the legs up under the body or allowing the terrain to push the legs under the body which momentarily reduces pressure is called _____?	