

Date: __/__/__

Location: _____

Instructor / Examiner: _____

Snowboarding Performance Evaluation

Groomed Slope - Snowboarding	Performance Grading: (+) Exceeds Objectives (=) Meets Objectives (-) Does Not Meet Objectives			
<p>Slope selection should be more / to most difficult terrain based on evaluation day conditions and be appropriate for the skills being evaluated. Slope selection should be more to most difficult.</p>	<u>Candidate 1</u>	<u>Candidate 2</u>	<u>Candidate 3</u>	<u>Candidate 4</u>
<p>Critical Standards-Does the snowboarder display the performance objectives to demonstrate efficient "Groomed slope Riding"</p>				
<p>Performance Objectives: A successful candidate will demonstrate.....</p>				
<p>1. A balanced stance through their turns</p>				
<p>2. Connected and rounded turn shapes of varying sizes (depending on steepness, lower-edged skidding is expected in small and medium turns; skidding & carving are acceptable in larger turns)</p>				
<p>3. Perform "Basic switch riding" using a variety of turn sizes</p>				
<p>4. Board twists and turns beneath a stable upper body</p>				
<p>5. Consistent speed and control</p>				
<p>Overall Score for Groomed Slope Snowboarding: PASS or FAIL (P) (F)</p>				
Steep Slope - Snowboarding	Performance Grading: (+) Exceeds Objectives (=) Meets Objectives (-) Does Not Meet Objectives			
<p>Slope selection should be more / to most difficult terrain based on evaluation day conditions and be appropriate for the skills being evaluated. Slope selection should be more to most difficult</p>	<u>Candidate 1</u>	<u>Candidate 2</u>	<u>Candidate 3</u>	<u>Candidate 4</u>
<p>Critical Standards-Does the snowboarder display the performance objectives to demonstrate efficient "Steep slope Riding"</p>				
<p>Performance Objectives: A successful candidate will demonstrate.....</p>				
<p>1. A balanced stance throughout their turns</p>				
<p>2. Active front foot steering with back foot following through the turn.</p>				
<p>3. Degree of counter appropriate to turn size</p>				
<p>4. Legs turn board beneath a stable upper body</p>				
<p>5. A series of rounded and connected short radius turns for a controlled fall line descent</p>				
<p>6. A technique to negotiate the terrain with consistent speed</p>				
<p>Overall Score for Steep Slope Snowboarding: PASS or FAIL (P) (F)</p>				

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Snowboarding Performance Evaluation

Mogul - Snowboarding of Ungroomed	Performance Grading: (+) Exceeds Objectives (=) Meets Objectives (-) Does Not Meet Objectives			
Terrain: More Difficult to Moguled Critical Standards- Does the snowboarder display the performance objectives to demonstrate efficient "Mogul Snowboarding" or Ungroomed Slope Snowboarding"	<u>Candidate 1</u>	<u>Candidate 2</u>	<u>Candidate 3</u>	<u>Candidate 4</u>
Performance Objectives: A successful candidate will demonstrate				
1. A balanced stance throughout their turns				
2. Sequential ankle-foot (dorsaflexion/plantarflexion) for steering				
3. Consistent fall line descent with connected turns				
4. Pressure management through flexion and extension with independant leg action to negotiate terrain				
5. Performs controlled direction changes with quiet upper body, shoulders pointing down fall line.				
CANDIDATE MUST PASS ALL THREE CRITICAL Skills TO BE SUCCESSFUL				
Overall Score for Mogul Snowboarding: PASS or FAIL (P) (F)				
FINAL SCORE FOR ALPINE SNOWBOARD SKILLS EVALUATION: PASS or FAIL (P) (F)				

Balance, Edging, Rotary, and Pressure (movement analysis feedback matrix)	<u>Candidate 1</u>	<u>Candidate 2</u>	<u>Candidate 3</u>	<u>Candidate 4</u>
Back Balance Forward				
Under Edge Edging Over Edge				
Counter Rotation Rotary Over Rotation				
Static Pressure Excessive				