

EXPERIENCE QUESTIONNAIRE
SKIING/SNOWBOARDING - PE 157-158-159

Name: Alex Shepler Student ID# W01592970 cell phone 425-404-1711
(please print)

Email will be sent to your myWestern (Office 365) mailbox, usually via Canvas

1. Indicate (bold, underline, circle, other) if you are registered for this class to take skiing lessons or to take snowboarding lessons.

Skiing lessons

Snowboarding lessons

2. If you are taking skiing lessons, have you ever downhill skied? Y N
Describe your experience briefly:

3. If you are taking snowboarding lessons, have you ever snowboarded? (Y) N

Describe your experience briefly: Used to go all the time when I was younger, last time was once during the 2021 season

4. Have you ever cross-country skied or telemarked? Y (N)
Describe your experience briefly:

5. Have you had skiing or snowboarding lessons before? (Y) (N)
If so, where? Baker When? 2018?

IF YOU HAVE BEEN SKIING/SNOWBOARDING, PLEASE ANSWER 6-11

6. Identify the type of runs you ski/snowboard comfortably.

Green circle



Blue square



Black diamond



Double black diamond



7. What type of terrain do you ski/snowboard comfortably?
1 2 3 (4) 5 6 7 8 9 10
Shallow..... Steep

8. What snow conditions do you ski/snowboard comfortably?
1 2 3 4 5 (6) 7 8 9 10
Groomed..... Deep

9. What speeds do you ski/snowboard comfortably?
1 2 3 4 (5) 6 7 8 9 10
Slow..... Fast

10. How recently have you skied/snowboarded? 2021 season

11. For skiers only: Which of the following maneuvers do you think you ski reasonably well? If you don't recognize these terms, you may skip them.

- | | | |
|---|--|--|
| (a) <input type="checkbox"/> Wedge | (e) <input type="checkbox"/> Step turns | (i) <input type="checkbox"/> Hockey stop |
| (b) <input type="checkbox"/> Linked wedge turns | (f) <input type="checkbox"/> Parallel Christie | (j) <input type="checkbox"/> Linked parallel turns |
| (c) <input type="checkbox"/> Sideslip | (g) <input type="checkbox"/> Converging step turns | (k) <input type="checkbox"/> Hop turns |
| (d) <input type="checkbox"/> Stem turns | (h) <input type="checkbox"/> Diverging step turns | |