

Relax, this “Test” is a teaching aid and will help you understand some basic concepts we will be working from. It will come in handy in the course and will help move the course along at a predictable rate.

Name:

Course Date:

1. What are the Seven Qualities of an Instructional Rating Holder, and give me an example of a way to strengthen that quality in yourself?
2. What are the Four Skills being observed in the coach course?
3. In your own words, explain the nature of the Coach Course.
4. What are the Four traits of a good Teacher?
5. Explain the four stages of a Three Ring Lesson plan.
6. Give me two examples of each of the four Barriers to Learning and how to work around each of them.
7. Explain the Dunning-Kruger Effect and how it applies to skydiving.
8. What are Newton’s three Laws of Motion and how do they apply to skydiving?
9. What are some attributes of a good Instructor?
10. What are your goals for this rating? Why do you want to be a Coach?