



Learn to Skate Teacher Certification Exam

In order for us to know that you have learned and understood the basic skills of teaching roller skating, we ask that you complete the following exam. If you have any questions about this exam, please contact Sharon McMahon at achievement@rollerskating.com or call 317-347-2626 Ext. 108.

1. You are applying for an SRSTA Learn to Skate Teachers Certification. What does SRSTA stand for?

2. The SRSTA Program is part of teaching/coaching program under the umbrella of RSAI. What does RSAI stand for?

3. What is the minimum score needed to proceed to the next level in the Super Skater or Roller Roo Programs? (Circle answer)

1 2 3 4

4. When doing backwards crossovers, start out on an inside edge. (Circle answer)

True False

5. How many levels are in the Super Skater Program? (Circle answer)

1 2 3 4

6. Which of the following is NOT in Roller Roo 1? (Circle answer)

How to get up Two foot jump Steps with 2 foot roll Marching steps

7. When preparing to stop in Super Skater, it's best to... (Circle answer)

Keep knees straight Keep knees bent

8. In Roller Roo and Super Skater, what is the highest evaluation code you can achieve?

(Circle answer)

1 2 3 4 5

9. I will not engage in any behavior which would endanger the health, safety or wellbeing of any

_____. (Circle answer)

Vendor Attendee Skater Official All of the above

10. How many forward steps should you take before a 1 foot roll? (Circle answer)

1-2 3-5 6-8 10-12

11. To do forward scissors, your feet should start in which position? (Circle answer)

"T" "V" Together Triangle

12. What does OF/IF edges mean? (Circle answer)

- Outer Forward/Inner Back edges
- Outer Forward/Inner Forward edges
- Outer Back/Inner Forward edges

13. Your feet should be parallel and together when rolling backwards after a mohawk turn?

(Circle answer)

- Yes
- No

14. While forward stroking, it is important to bend your knees and push on to one foot while stretching your free leg to the back? (Circle answer)

- Yes
- No

15. The first skill that should be taught is 'how to get up' after a fall? (Circle answer)

- True
- False

16. What is the lowest evaluation code in Roller Roo and Super Skater? (Circle answer)

- 1
- 2
- 3
- 4

17. What position should your feet be in when you start backwards scissors? (Circle answer)

- "T"
- "V"
- Together
- Triangle

18. When performing a T-start, it is important to bend your knees at the beginning. (Circle answer)

- True
- False

19. When doing a one foot roll, what is the minimum length of time you should you hold your foot up? (Circle answer)

- 3 – 5 seconds
- 6 – 8 seconds
- 9 – 13 seconds

20. A zig zag pattern is also known as: _____. *(Circle answer)*

- Circle
- Forward crossovers
- Forward scissors
- Slalom

Please return this completed test with your application and \$40 certification fee to: Roller Skating Association International, Attn: Achievement Program, 6905 Corporate Drive, Indianapolis, IN 46278.