

[1] Skiing is a popular winter _____.

- a) sport
- b) vehicle
- c) building

[2] Snowboarding involves riding down a hill on a _____.

- a) snowmobile
- b) snowboard
- c) sled

[3] You need to wear _____ to keep your hands warm while skiing.

- a) gloves
- b) sandals
- c) sunglasses

[4] The ski slope is covered with _____.

- a) ice
- b) sand
- c) snow

[5] Before skiing, it is important to put on your ski _____.

- a) swimsuit
- b) boots
- c) necklace

[6] Snowboarders enjoy performing _____ tricks and jumps.

- a) telemark
- b) ski
- c) freestyle

[7] Ski _____ help you slow down and stop on the slopes.

- a) jacket
- b) pants
- c) poles

[8] _____ are used to lock your feet to the skis or the snowboard.

- a) Poles
- b) Bindings
- c) Goggles

[9] The _____ takes skiers and snowboarders to the top of the mountain.

- a) chairlift
- b) airplane
- c) trampoline

[10] Snowboarders need to _____ their balance to stay upright.

- a) lose
- b) maintain
- c) forget

[11] Skiing and snowboarding are both _____ sports.

- a) summer
- b) winter
- c) indoor

[12] You should always wear a _____ when skiing to protect your head.

- a) helmet
- b) snorkel
- c) umbrella

[13] Snowboarders use their _____ to control the board.

- a) elbows
- b) shoulders
- c) feet

[14] To keep warm in cold weather, it is important to wear _____.

- a) sunscreen
- b) snow
- c) layers

[15] Skiers need to use their _____ to push off when starting.

- a) nose
- b) hands
- c) poles

[16] When you fall while skiing, you should _____ yourself up.

- a) pack
- b) lift
- c) roll

[17] In heavy snowfall, you may need to wear snow _____ to see better.

- a) pants
- b) balls
- c) goggles

[18] You can rent ski _____ at the resort if you don't have your own.

- a) racquet
- b) boots
- c) flute

[19] The ski _____ helps you maintain balance while riding downhill.

- a) school
- b) instructor
- c) pole

[20] Snowboarders often perform tricks in the terrain _____.

- a) stadium
- b) park
- c) arena

[21] You should always check the _____ report before heading to the slopes.

- a) menu
- b) weather
- c) financial

[22] Skiing down a hill is so much _____.

- a) fun
- b) boring
- c) loud

[23] When _____ skiing or snowboarding, it is better if you know the terrain.

- a) backcountry
- b) country music
- c) country style

[24] Snowboarders and skiers love the feeling of carving through fresh _____.

- a) sugar
- b) ice
- c) powder

[25] Beginners should start with _____ to practice.

- a) red runs
- b) green runs
- c) black runs

[26] Before hitting the slopes, make sure you have the right winter sports _____.

- a) instruments
- b) equipment
- c) tools

[27] Skiing and snowboarding require _____ and skill.

- a) balance
- b) shopping
- c) sleeping

[28] When you climb uphill while ski touring, you can use _____ on your skis.

- a) rocket boosters
- b) climbing skins
- c) parachutes

[29] To get better at skiing, you need to practice your _____.

- a) piano
- b) skills
- c) cooking

[30] Instructors love to party with their students at the _____ after a hard lesson.

- a) après-ski
- b) apricot
- c) snowdance

[31] Learning to snowboard is easier when you have a patient _____.

- a) waiter
- b) instructor
- c) lifeguard

[32] When skiing, you need to know how to stop using your _____.

- a) feet
- b) elbows
- c) nose

[33] In ski school, you'll learn the basics of _____ and turning.

- a) swimming
- b) snowboarding
- c) skiing

[34] Safety is important when learning to ski or _____.

- a) surf
- b) snowboard
- c) fly

[35] When learning to snowboard, you need to practice your _____.

- a) dancing
- b) balance
- c) reading

[36] It's important to know how to _____ when you fall.

- a) laugh
- b) get up
- c) sit down

[37] _____ often offer skiing and snowboarding lessons for children.

- a) Swimming pools
- b) Travel agencies
- c) Ski resorts

[38] When skiing, you can use your _____ to push off.

- a) nose
- b) poles
- c) tail

[39] Ski instructors teach you the _____ of skiing.

- a) history
- b) basics
- c) cooking

[40] The _____ slalom is an Olympic discipline.

- a) giant
- b) big
- c) huge

- [41] What is the main job of a ski or snowboarding instructor?
- a) Manage the restaurant in the lodge
 - b) Sell tickets for the ski lift
 - c) Teach people how to ski or snowboard
- [42] What is the primary equipment used by a ski or snowboarding instructor?
- a) Skis or snowboards
 - b) Musical instruments
 - c) Cooking utensils
- [43] What should beginners learn from a ski or snowboarding instructor?
- a) How to organize events
 - b) How to do advanced tricks
 - c) How to balance and stop
- [44] What is the main priority of a ski or snowboarding instructor during lessons?
- a) Taking photos of the mountain
 - b) Safety of the learners
 - c) Selling ski equipment
- [45] How should a ski or snowboarding instructor engage with young learners?
- a) Ignore their needs
 - b) Be strict and serious at all times
 - c) Use fun and interactive methods
- [46] What benefit do certified ski or snowboarding instructors offer to learners?
- a) Transportation to and from the slope
 - b) Proper technique and safety
 - c) Discounted hotel rooms
- [47] How often should ski or snowboarding instructors update their skills?
- a) Every few years for safety inspections
 - b) Once a year for equipment check
 - c) Regularly through practice and training
- [48] How should instructors manage learners with different skill levels in a group lesson?
- a) Give difficult tasks to everyone
 - b) Ignore differences in skill levels
 - c) Provide individual attention and guidance

[49] What is the priority in case of accidents during lessons?

- a) Keep teaching the lesson as planned
- b) Ignore the accident and continue the lesson
- c) Find help and provide first aid

[50] What is most important for effective communication with learners?

- a) Clear and simple instructions
- b) Complex and confusing explanations
- c) Speaking in a foreign language

[51] What is an important skill for beginners to learn from a ski or snowboarding instructor?

- a) Complex aerial jumps
- b) Basic turns and stops
- c) High-speed racing techniques

[52] What is the recommended clothing for ski or snowboarding instructors during lessons?

- a) Beachwear and sandals
- b) Formal business attire
- c) Layered and waterproof clothing

[53] How can instructors ensure a safe learning environment during lessons?

- a) Regular safety checks and supervision
- b) Encouraging risky behaviour
- c) Leaving learners unsupervised

[54] How should instructors teach older learners?

- a) With strict and demanding methods
- b) With patience and encouragement
- c) With competitive challenges

[55] What helps build a good relationship between instructors and learners?

- a) Focusing only on personal performance
- b) Showing interest and care
- c) Showing indifference and apathy