

Australian Biathlon Association
LEVEL 1 TECHNICAL COURSE EXAM

Name: _____ Date: _____

1. Give two differences between biathlon and cross-country skiing

- 1**
- 2**

2. Name two factors that differ between biathlon and competition shooting

- 1**
- 2**

3. Three points to remember when giving feedback

- 1**
- 2**
- 3**

4. When prescribing training what two main parameters must be considered

- 1**
- 2**

5. List four of the eight fundamental principles of training

_____	_____
_____	_____

6. Name the three energy systems placing them in order of importance as they pertain to biathlon training and performance

- 1. _____
- 2. _____
- 3. _____

7. Draw an example of what is referred to as an angular error in the sight picture (the relationship between the sights and the target).

8. List five items that a coach should have with them on the range during a shooting training session

- 1
- 2
- 3
- 4
- 5

9. Given a correction of (right 3-down 2) on an anschutz sight, the athlete would turn :

- a) the top screw counter clockwise and side screw clockwise
- b) the top screw clockwise and side screw clockwise
- c) the top screw counter clockwise and side screw counter clockwise
- d) the top screw clockwise and side screw counter clockwise

10. List the five parts of a practice

11. Write the number of the activity next to the description that best fits it

- | | |
|-------------------------------------|----------------------|
| poling with every skate | 1. Follow through |
| watching the bullet hit the target | 2. Aim |
| close eyes, relax, open eyes | 3. Offset |
| concentric circles | 4. Single/one skate |
| pole with one arm higher than other | 5. Natural alignment |

12. A good and solid shooting position is based on a

- a) muscle supported structure
- b) skeletal supported structure
- c) well balanced athlete
- d) a strong athlete

13. An athlete should begin their range procedure at approx:

- a) 300m from the range
- b) 1km from the range
- c) as soon as they enter the range
- d) 100m from the range
- e) anywhere on the course

14. Circle the format that describes the shooting in a sprint race

- a) S,S,P,P
- b) P,S.P,S
- c) P,P-S,S
- d) P,S Yes

15. What events may athletes do penalty loops

- a) relay – indiv – pursuit
- b) sprint – indiv – relay
- c) pursuit – sprint – indiv
- d) pursuit – sprint – relay
- e) relay only

16. List five topics that should be discussed at team meetings prior to a race

17. In which lanes are competitors required to fire on during a relay race

- a) open range
- b) numbers corresponding to their bibs
- c) first half of the range
- d) second half of the range

18. If an athlete decides to change lanes on the range due to a target mechanical problem they must (describe the athletes immediate actions)

19. When and where may a coach give an athlete corrections that apply to their shooting during a race

- a) anywhere any time
- b) on the range only
- c) before entering and after exiting the range
- d) on the trails only

20. What is the penalty for:

- a) missing a penalty loop
- b) skiing the course loops in the wrong order
- c) failure to shoot all five in a shooting boot
- d) changing both poles in a biathlon race
- e) changing both skis in a biathlon race
