Mountain Biking Student Skills Assessment (Stand)

Student Name: _____________________________ Date: ________________
Instructor Name: _____________________________ Date: ________________

Skills Observed (Level 1-9)

**Overall Impression:**
- Position and Balance
- Operations of Control
- Terrain Awareness
- Direction Control
- Pressure Control
- Timing and Coordination

**Position and Balance:**
- Center of mass vs COM of bike
- Stability when moving or stopping
- Body movement (Vertical Plane)
- Body movement (Fore/Aft)
- Body movement (Lateral)
- Body movement (Rotational)
- Pedals level
- Climbing position
- Descending

**Operations of Control:**
- Pedaling
- Shifting
- Chain
- Braking
- Dropper Seat
- Timing
- Foot Position

**Terrain Awareness:**
- MTB Responsibility Code
- Trail Scanning
- Decision Making

**Direction Control:**
- Inclination
- Angulation
- Cornering
- Steering
- Off-cambered terrain

**Pressure Control:**
- Are the other skills present (Y/N)
- Terrain based
- Rider based
- Passive
- Active
- Foot-work

**Timing and Coordination**
- Combined skills
- Flow
- Style

**MTB Basics**
- Attire
- MTB etiquette
- Bike handling
- Attentive

Hierarchy of Competence

Unconscious Competence

Conscious Competence

Conscious Incompetence

Unconscious Incompetence
Mountain Biking Instructor Skills Assessment

Instructor Name: _____________________________ Date: ________________

Skills Observed (Level1-9):
- Position and Balance
- Operations of Control
- Terrain Awareness
- Direction Control
- Pressure Control
- Timing and Coordination

Administration/Program Manual:
- Understands policies and procedures of program
- Understands how to complete daily progress notes
- Has an understanding of a basic Mountain Biking progression
- Has an understanding of various teaching techniques for specific disabilities
- Has an understanding of the benefits of adaptive cycling

Equipment:
- Can correctly identify the types of bikes (recumbent, upright, tandem, etc)
- Do simple adjustments on multiple types of bikes (boom length, seat height, etc)

Equipment Cont:
- Can identify basic parts of the bike by correct name
- Can change a flat tire on different bikes
- Understands and identifies limitations of different bikes
- Can locate where equipment and tools live in the shed

Fitting participant:
- Can assess participant and their strength and mobility
- Choose the correct type of bike to best fit participants needs
- Can adjust bike to fit the participant
- Identify attainable goals for the participant
- Describe an appropriate lesson plan for their participant based on their goals and bike

Safety:
- Understands and advocates for rider responsibility code (helmets, flags, road safety, etc.)
- Understands how to create/utilize EAP
- Knowledge of where to locate facility First Aid Kit

Print Name: ________________________ Signature:__________________________ Date:________

Trainer Name & Signature: ______________________________________________ Date:________

Hierarchy of Competence

Unconscious Competence
Conscious Competence
Conscious Incompetence
Unconscious Incompetence

Right Intuition
Right Analysis
Wrong Analysis
Wrong Intuition