



PROFESSIONAL MOUNTAIN BIKE INSTRUCTOR COURSE: LEVEL 1

DAILY AGENDA

DAY ONE

- 8.45 - 9.00pm: Registration, Welcome and introduction
9.00 - 12.00pm: "SIX SKILLS SYSTEM" - Riding techniques & theory presentation
12.00 - 1.00pm: Lunch
1.00 - 1.30pm Guiding (safety) Protocols Presentation
1.30 - 4.00pm: SKILL-BASED Teaching Presentation
4.00 - 4.30pm Daily Review & Feedback

DAY TWO

- 9.00 - 9.15pm: Guiding Protocols & Client Experience Review
9.15 - 12.00pm Practice Teach: SKILL-BASED
12.00 - 1.00pm: Lunch
1.00 - 1.15pm: Mountain Bike Equipment/Technology/Endorsement Discussion
1.15 - 4.00pm: MANEUVER-BASED Teaching & Practice
4.00 - 4.30pm: Teaching & PMBI Worksheet Review, Discussion & Feedback

DAY THREE

- 9.00 - 12.00pm: Teach Evaluation: SKILL-BASED
12.00 - 1.00pm: Lunch
1.00 - 3.00pm: Teach Evaluation: MANEUVER-BASED
3.00 - 4.30pm: Course Review, Feedback, Wrap-up & Results

NOTE: Whilst the Teaching aspect of the course will be evaluated mainly on day three, the Riding aspect will be evaluated throughout the three days, with daily evaluations and feedback from the Evaluator.