



PROFESSIONAL MOUNTAIN BIKE INSTRUCTOR LEVEL 1 WORKSHEET



NAME THE “SIX SKILLS” OF MOUNTAIN BIKING, IN ORDER:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

WHAT ARE THE TWO FUNDAMENTAL SKILLS AND WHY?

WHAT SKILL DO YOU THINK YOU NEED TO WORK ON THE MOST TO IMPROVE YOUR RIDING AND WHY?

WITH THE “SIX SKILLS”, WHAT IS THE MAIN DIFFERENCE BETWEEN BEGINNER RIDERS AND INTERMEDIATE RIDERS?

NAME THE THREE GOALS OF TEACHING AND EXPLAIN EACH ONE?

- 1.
- 2.
- 3.

LIST THE *TEACHING PRINCIPLES*:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



PROFESSIONAL MOUNTAIN BIKE INSTRUCTOR LEVEL 1 WORKSHEET



WHICH OF THE *INSTRUCTOR ATTRIBUTES* YOU THINK APPLY TO YOU THE MOST AND WHICH, THE LEAST?

NAME A FEW WAYS YOU CAN MAKE TEACHING CLIENTS FUN:

WHAT TWO PARTS OF THE “LESSON FORMAT” MUST OCCUR BEFORE ANY COACHING OR TUITION TAKES PLACE, AND WHY?

THE THREE SPOKES OF THE TRAINING WHEEL ARE THE *GUIDING PROTOCOLS* - WHAT ARE THEY?

- 1.
- 2.
- 3.

...explain a few points for each one and their importance:

- 1.
- 2.
- 3.

EXPLAIN THE FOUR PARTS OF THE TRAINING WHEEL:

- 1.
- 2.
- 3.
- 4.

WHAT EQUIPMENT SHOULD A PMBI INSTRUCTOR CARRY AT ALL TIMES, AS A BARE MINIMUM?