

LEVEL 5

INSTRUCTOR TRAINING



2017

Level 5 Course Outline

Objective

This 12 hour course is for individuals who wish to become certified CAN-BIKE instructors, who are passionate towards cycling education and the desire to provide CAN-BIKE instruction to others in their region. Students taking this course will need to have completed all the requirements from Level 4, and also be recommended by the Level 4 instructor to take the Instructor Training. This course will be delivered in the classroom and on the bicycle.

Total Time: 12 hours

- 1) Pre Course Preparation and Set up, Introductions and Registration
 - Participants are to verify with the instructor, which level of status they wish to hold
 - Junior Instructor – can deliver level 1 and 2 courses only
 - Instructor – can deliver level 1 thru 4 courses
 - Participants are to come to class on the first day with a practical skill and a theory based topic which they will be asked to teach to the class.
- 2) Review (classroom or before getting on bicycle)
 - Technical Safety
 - Safe and Effective Cycling
 - Advanced Traffic Dynamics
 - Concurrent Topics
- 3) Instruction
 - Teach-directed Learning vs. Self-directed Learning
 - Principles of Learning
 - Learning Styles
 - Presentation Skills
 - Quick Tips
 - Observations
 - Understanding your audience
 - Appraisal
 - Providing Feedback
- 4) Bicycle (advanced skills review)
 - Handling Skills
- 5) Exams
 - Written
 - Practical
- 6) Next Steps
 - What to expect after becoming certified

7) Recap

- Questions
- Debrief
- Course evaluation