

**LEVEL 5**

**INSTRUCTOR TRAINING**



CyclingCANADACyclisme

**2017**

# Level 5 Course Outline

## Objective

This 24 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 have needed to have completed all the requirements from Level 4, and 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: 24 hours

1. Pre Course Preparation, Introductions and Registration
  - Participants are to verify with the instructor, which level of status they wish to hold
    - 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 bike)
  - 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