

LEVEL 5

INSTRUCTOR TRAINING



CyclingCANADACyclisme

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
 - Teacher-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

****Helmets are required for participation in all CAN-BIKE Courses***