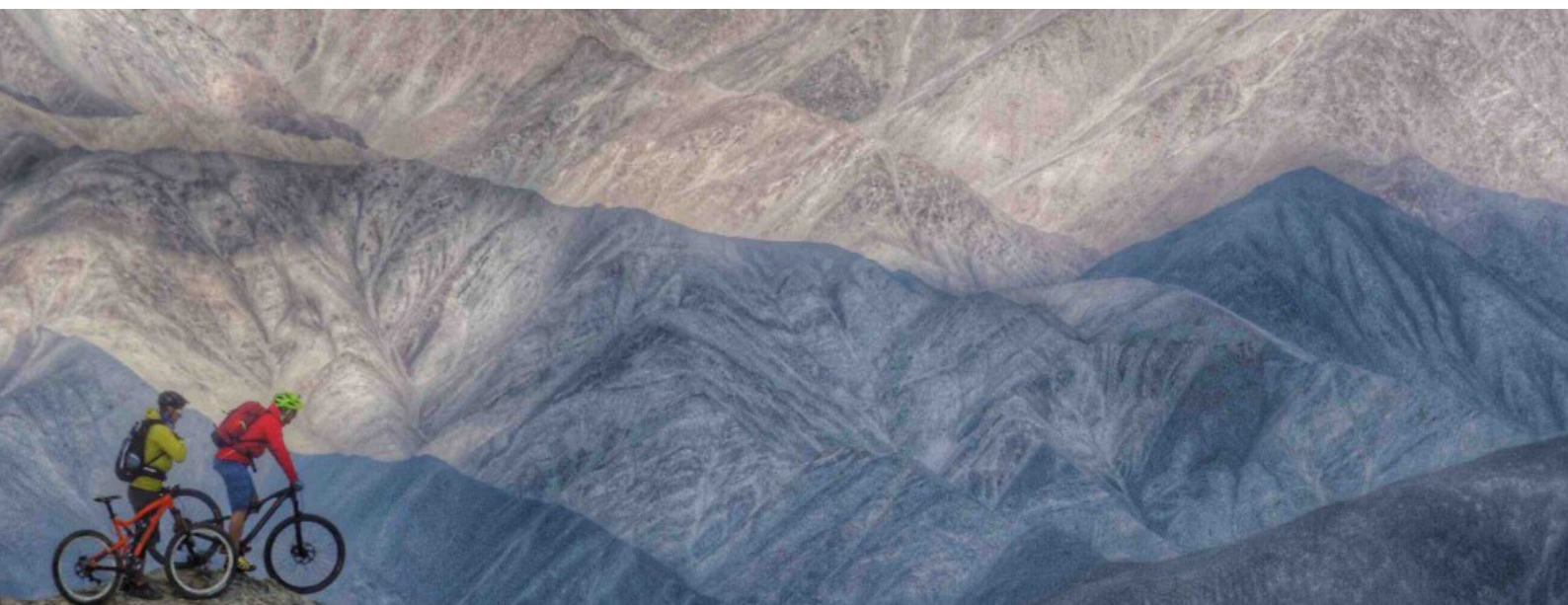


CAPS MTB



Creating a European Professional Standard for Mountain Bike Instructor-Guides



D3.2 - CAPSMTB Training Details Overview



Co-funded by the
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CAPSMTB Training Details Overview

COMPETENCE	COMPETENCE SPECIFICS (see training content document for more details)	Minimum teaching hours on competence*	EO-MTBing-approved internship hours (mix of guiding/instruction, with no more than 70% of either)	Examined in Skills/Teaching+guiding/ Emergency + orienteering/ Business/Theory: S, T+G, E-O, B, T***	details
			200		
1) Safety management and Risk assessment				T+G + E-O	
	First Aid and Rescue Management	28		E-O	live emergency scenario to deal with
	Basic weather	2		incorporated into T+G and O-E	
	Bike + equipment check	2		T+G	candidate must include this
	Safety management/risk assessment and mountain environment safety	18		see above	
2) Mechanics	Basic Mechanic Skills (Trailside Repair)	8		E-O, T	
	Bike Setup/workshop maintenance	12		E-O, T	
3) Orientation and navigation					
	map technique (not rely on GPS)	15		O-E	practical
	Use of GPS/new technology (internet resources)	15		O-E, T	oral
	Orienteering practice on the terrain	20		O-E	practical
4) Tour / Route planning and logistics	Theory - research on destination	20		T+G	
	in the field - plan, recon, guide	20		T+G	
5) Tour / route leading techniques (theory + practice)		20		T+G	practical and oral
6) Advanced teaching knowledge (theory and practice)				T+G	practical and oral

	Learning Styles : visual, oral kinematic	14		T+G	
	Pedagogical Styles : variety of styles	14		T+G	
	Different client profiles : age, ability, handicap	20		T+G	
	Basic biomechanics Knowledge	15		T+G, S	
	Analysis of technical movement in MTB techniques	15		T+G, S	
7) Interpersonal Leadership Skills				T+G	practical and oral
	Communication Skills	5		T+G	practical and oral
	Motivation of clients	5		T+G	practical and oral
	conflict management	5		T+G	practical and oral
	Leadership roles	5		T+G	practical and oral
	Group dynamics & Social physiology	10		T+G	practical and oral
8) Wellbeing + Physiology	basic sports physiology	5		Theory	
	Nutrition/hydration knowledge for MTB	5		T+G, Theory	
9) Knowledge about Environment and Culture				T	
	Sustainability /environmental impact	4		T	
	bike culture	1			
10) Legal Issues		7		T, T+G	
	liability				
	trail access				
	traffic laws				
	group size/mtb specific regulations				
	working with kids				
	european legislation	4			
11) Business skills	product development/planning	15		B	
	marketing	10		B	
	accounting	10		B	
Riding Performance (can be integrated into other workshops)	technical skills	12		S	
	endurance	0		S	
TOTAL CAPSMTB TEACHING HOURS		361			
TOTAL INTERNSHIP HOURS				200	
TOTAL TRAINING HOURS				561	