

OUTDOOR AND ADVENTUROUS ACTIVITIES

Mountain Biking

Unit 2564 (AS)

Governing Body: British Cycling Federation
National Cycling Centre
Stuart Street
Manchester
M11 4DQ

STANDARDISATION

The activity will be assessed by an experienced assessor and adjudicator of Mountain Biking. The standardisation process will be carried out and examined by the PE Head of Department. The Head of Department together with other members of the department will compare the standards in Mountain Biking to those in other activities, so that consistency in assessment may be established.

ASSESSMENT

The candidate is assessed in the selection and application of the acquired and developed skills, whilst planning and taking part in physically and technically demanding expedition. This should take place on terrain, which presents an appropriate challenge and allows candidates to fulfil their assessment phases.

The following regulations will apply:

- Appropriate safety procedures must be applied.
- The candidate maintains a log which covers both the planning of the expedition and the expedition itself. The log must be available at moderation.

The log should contain:

- Details of personal equipment for the expedition and the reasons for taking it.
- Details of group equipment and the reasons for taking it.
- Discussion of the safety principles to be applied.
- Identification of the code of ethics to be followed.
- Detailed route planning together with relevant safety measures.
- Route card.
- Details of nutritional planning.
- Evaluative comments in relation to the expedition.

EXPEDITION

The route should be unfamiliar to the candidate and include various levels of off-road difficulty or gradients. The expedition should include 3 hours of cycling. The group size should be a minimum of 3 and a maximum of 5. Each candidate must wear appropriate clothing and the bike must be in a top technical condition. During the expedition the candidate will be expected to exhibit an understanding of the spirit and contents of the country code as it applies to mountain biking.

Assessment is based on performance in a conditioned competitive situation where the candidates perform the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skills is measured through the phases identified below.

- The range and quality of the candidates biking skills; - i.e. Up-hill/Down-hill technique, gearing, control over a range of terrain.
- Navigation using maps/guides.
- Planning the route and the appropriate selection of the need for carrying.
- Organisation and the use of equipment.
- Application of safety principles, conservation practices and respect for others.

These assessment phases are used in conjunction with the following assessment criteria for the conditioned competitive situations. The candidate is assessed out of a maximum of 30 marks.

Outdoor and Adventurous Activities: Mountain Biking

Unit 2564

Marks	Description
25 – 30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces appropriate strategies and demonstrates an understanding of survival and safety techniques. Performances in the conditioned competitive situations are excellent and progress has allowed them to achieve their performance-based targets.
19 – 24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the expedition. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of survival and safety techniques. Performances in the conditioned competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding.
13 – 18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the expedition. There is a sound level of success in the selection and application of advanced techniques in the expedition and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the conditioned competitive situations are good and improvement reflects satisfactory learning and understanding.
7 – 12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performance in the expedition. There is an attempt to select and apply advanced techniques in the expedition and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the conditioned competitive situations have become more consistent and progress has allowed some in learning and understanding.
0 – 6	Candidate demonstrates a moderate level of acquired and developed skills that allows for a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the conditioned competitive situations have some consistency with a degree of learning and understanding.

OUTDOOR AND ADVENTUROUS ACTIVITIES

Mountain Biking

Unit 2567 (A2)

STANDARDISATION

The activity will be assessed by an experienced assessor and adjudicator of Mountain Biking. The standardisation process will be carried out and examined by the PE Head of Department. The Head of Department together with other members of the department will compare the standards in Mountain Biking to those in other activities, so that consistency in assessment may be established.

ASSESSMENT

The candidate is assessed in the selection and application of the acquired and developed skills, tactical awareness and behaviour whilst planning and taking part in a physically and technically demanding full day expedition. This should take place on terrain, which presents an appropriate challenge and allows candidates to fulfil the assessment phrases. The following regulations will apply:

- The appropriate safety procedures must be applied;
- The candidate maintains a detailed log book, which covers both the planning and preparation for the expedition as well as the expedition itself. This log **must** be available at moderation.

The log should contain:

- Details of personal equipment for the expedition and the reasons for taking it.
- Details of group equipment and the reasons for taking it.
- Discussion of the safety principles to be applied.
- Identification of the code of ethics to be followed.
- Detailed route planning together with relevant safety measures.
- Route card.
- Details of nutritional planning.
- Evaluative comments in relation to the expedition.

EXPEDITION

The route should be unfamiliar to the candidate and include various levels of off-road difficulty or gradients. The expedition should include a full day of cycling. The expedition should include at least 6 hours of cycling. The group size should be a minimum of 3 and a maximum of 5. Each candidate must wear appropriate clothing and the bike must be in a top technical condition and fitted with appropriate safety equipment. During the expedition the candidate will be expected to exhibit an understanding of the spirit and contents of the country code as it applies to mountain biking.

Assessment is based on performance in a formal expedition where the candidates perform the acquired and developed skills under pressure in a strategic situation over an extended period. The level of success of the expedition skills is measured through the phases identified below:

- The range and quality of the candidates biking skills; - i.e. Up-hill/down-hill technique, gearing, control over a range of terrains etc.
- Navigation using maps/guides.
- Planning the route and appropriate selection of the need for carrying.
- Organisation and the use of equipment.
- Application of safety principles, conservation practices and respect for others.

These assessment phases are used in conjunction with the following assessment criteria for the formal expedition. The candidate is assessed out of a maximum of 30 marks.

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces strategies at a high level and demonstrates an understanding of survival and safety techniques. Performances in the expedition are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the expedition. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range survival and safety techniques. Performances in the expedition are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the expedition. There is a sound level of success in the selection and application of advanced techniques in the course and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the expedition are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the expedition. There is an attempt to select and apply advanced techniques in the expedition and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the expedition become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the expedition have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident.