



Pathfinder Honour: Requirements & Framework

Mountain Biking 1

Part of Recreation Category of Honours

Honour Patch



Part of Recreation
Master Honour



Snapshot of Honour

To complete this honour, you will have already earned the *Cycling 1* honour.

You will learn about the differences between Mountain Bikes and Road Bikes. This means getting a good understanding of the components of a Mountain Bike.

You'll be knowledgeable of off-road conditions, courtesy rules and last-but-not-least: safety requirements.

Then there's the best part: the off-road rides of 5km, 10km and 30km!

Honour History:

Original Honour: 1998, North American Division, Author not known

General Conference: Reviewed (Not Applicable)

South Pacific Division: Reviewed February 2013.

- Reviewed: Rob Hansford, John Sommerfeld, David Hughes, Wayne Born. South Queensland Conference

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Honour Framework: [Compulsory items are underlined. Others are for guidance]

#Skill Level:	Level 2
<u>Pre-requisites:</u>	Cycling 1 Honour
Preparation Time:	Substantial (more than 8 hrs)
Physical Requirements:	Moderate; Exhaustive
Equipment/Materials Required:	Mountain Bike, Mountain Bike Personal Safety Equipment. Note that an approved helmet is mandatory in Australia
Location:	Indoors; Outdoors; Excursion
Sabbath Appropriate:	Not likely, but parts may be adapted (see Requirement 7)
<u>Safety & Legal Requirements:</u>	Refer to and comply with Local, State and Country Requirements. All duty of care must be complied with. The use of competent instructor/s is strongly recommended.
Links to P/F Curriculum: (Cards, Speciality, Pursuits), or AO Modules	
Suggested Teaching / Presentation method(s):	Presentation and Discussion; Excursion; Practical application;
Recommended Assessment:	Workbook & Assessment Sheet which has a checklist of practical requirements and a short test to check knowledge of the honour.
List of Resources:	See Trainer's Notes

#Skill Level. A General Conference term which broadly describes typical physical and mental development. Level 1 (Friends, Companions); Level 2 (Explorers, Rangers); Level 3 (Voyagers, Guides)

Honour Components:

Requirements:	See following page
Trainer's Notes:	Mountain Biking 1 Honour Trainer's Notes
Student's Workbook:	Mountain Biking 1 Honour Workbook
Assessment Sheet:	Mountain Biking 1 Honour Assessment (On SPD Honour Website but Leader's level access is required)

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Requirements

Source: General Conference of SDA, 2 September 2012.

<http://gcyouthministries.org/Ministries/Pathfinders/Honors/tabid/85/agentType/View/PropertyID/313/Default.aspx>

Note: The Requirements listed on the above General Conference website have been thoroughly reviewed by the SPD and now vary significantly from those listed at this site.

IMPORTANT: The use of competent instructor/s is strongly recommended.

1. Earn the Cycling 1 Honour and ensure you are still familiar with its contents.
2. Using a mountain bike and a road bike as examples, show and describe five differences between mountain bikes and road bikes. Briefly explain why they are different.
3. Give the definition for the terms 'rigid', 'hard tail' and 'full suspension' and briefly explain the advantages and disadvantages of each.
4. List at least three materials that mountain bike frames are made from and give an advantage and a disadvantage of each material.
5. Explain differences between single track, double track, and fire roads.
6. Know and practice courtesy rules that should be followed when doing off-road riding.
7. Discuss some spiritual applications of mountain biking and write a brief paragraph (max 50 words) relating to your personal experience of mountain biking.
8.
 - a. Name three (3) injuries which can occur when mountain biking.
 - b. List six (6) ways to minimise injuries when mountain biking.
 - c. List three (3) items of safety equipment that should be worn when mountain biking and explain their role in minimising injury.
9. Describe and demonstrate how to:
 - a. Check to confirm that a mountain bike is in good condition before riding it.
 - b. Check the condition of a mountain bike after riding it so it is ready-to-ride next time.
10. Demonstrate competency in the following skills:
 - a. How to assess a situation and develop a safe and effective 'plan-of-attack' before riding each part of the track.
 - b. How to position your body on the bike or shift your weight.
 - c. How to ascend steep slopes.
 - d. How to descend steep slopes.
 - e. How to ride over obstacles such as rocks and roots.
 - f. How to minimise the risk of damaging a mountain bike; particularly the rear derailleur, due to obstacles
11. Complete the following riding requirements: All rides must be done on an off-road trail which may be used for more than one ride or repeated to make a ride long enough to meet the following requirements:
 - a. Three 5km (3 mile) rides, one of which is to be completed on single track.
 - b. Two 10km (6 mile) rides, one of which is to be completed mostly on single track.
 - c. One 30km (20) mile ride.

General Conference Reference No: Not applicable (North American Division Honour)