
MOUNTAIN BIKING
**Select, set up and maintain a mountain
or cycle touring bike**

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| level: | 2 |
| credit: | 3 |
| planned review date: | October 2008 |
| sub-field: | Outdoor Recreation |
| purpose: | People credited with this unit standard are able to: demonstrate knowledge for bike selection; and select, set up and maintain a bike for either mountain biking or cycle touring. |
| entry information: | Open. |
| accreditation option: | Evaluation of documentation by NZQA and industry. |
| moderation option: | A centrally established and directed national moderation system has been set up by the Sport, Fitness and Recreation Industry Training Organisation – Outdoor Recreation Advisory Group. |
| special notes: | There are minimum assessor requirements for assessment against this unit standard. The details of these requirements are available on the Sfrito website http://www.sfrito.org.nz/ . |

Elements and Performance Criteria

element 1

Demonstrate knowledge for bike selection.

performance criteria

1.1 Sources where information about bike selection can be gained are identified.

Range: may include but is not limited to – internet, shops, manufacturers,
clubs.

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1.2 Bike options are identified and the reasons for selecting one bike in preference to others are explained.

Range: bike options may include but are not limited to – mountain bike, road bike, town and country, fixed gear;
selection decisions may include but are not limited to – dominant use, cost, maintenance.

element 2

Select, set up and maintain a bike for either mountain biking or cycle touring.

performance criteria

2.1 Bike is selected and adjusted to meets the need, size and proportions of the rider.

Range: frame size, seat height and position, handlebar height, distance from seat to handlebars.

2.2 Bike is cleaned to prevent damage.

Range: may include but is not limited to – dirt removed, excess oil removed, rust spores removed, water removed.

2.3 Bike parts are checked and adjusted to ensure correct functioning and safety based on the manufacturer's recommendations.

Range: frame, wheels, tyres, tyre pressure, brakes, brake cables, pedals, bottom brackets, crank, headset, bearings, seat, handlebars, shifters, derailleurs, suspension systems, gears and cables.

2.4 Bike parts requiring lubrication are identified and lubrication is applied appropriately.

Range: may include but is not limited to – chain, cable, hub.

2.5 A broken chain is fixed according to manufacturer's recommendations.

2.6 A cable is replaced and fitted according to manufacturer's recommendations.

2.7 A puncture repair is demonstrated.

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Comments on this unit standard

Please contact the Sport, Fitness and Recreation Industry Training Organisation info@srito.org.nz if you wish to suggest changes to the content of this unit standard.

Please Note

Providers must be accredited by the Qualifications Authority or a delegated inter-institutional body before they can register credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for providers wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

This unit standard is covered by AMAP 0102 which can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.