



ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Title

Wheels Up – Intro to Downhill Mountain Bike Skills

Duration

2 Days/ 12 CEU's

Learning Connection Highlight

Technical, Teaching, and People Skills

Course Description

The goal of this clinic is to offer a “teaching for transfer” experience for PSIA-AASI RM members while learning mountain biking skills (descending skills) and coaching skills. A secondary goal is to enable participants to empathize with beginner skiers and snowboarders by learning a new sport (e.g. downhill mountain biking or bike park mountain biking). Participants will be exposed to bike park operations and receive insight into how summer instruction (mountain biking) parallels winter instruction (snowsports).

Recommended Preparatory Learning or Prerequisites

- Must be comfortable riding on dirt or non-paved surfaces
- Must have mountain biked previously (does not need to be in a bike park)

Prerequisite Courses and Skills

- Current PSIA-AASI membership.
- Safely ride a bike on non-paved or uneven surfaces.
- Knowledge and application of the Mountain Biker Responsibility Code.

Learning Outcomes

By the end of this clinic, successful participants will be able to:

- Demonstrate mountain biking skills.
 - PMBIA skills
 - Stability and balance
 - Controls (braking, shifting gears, dropper post)



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- Terrain Awareness
 - Direction control
 - Pressure control
 - Timing and coordination
- Create or recognize parallels with snowsports and mountain bike instruction/technique.
 - Empathize with the beginner experience (if the participant does not have much mountain biking experience).
 - Practice Movement Analysis on a sport (e.g. mountain biking) that they may not have as much experience with compared to snowsports.

Learning Experiences

- Ride in a bike park and be introduced to the six skills of mountain biking (PMBIA)
- Teaching for transfer opportunities. Here is a skiing or snowboarding analogy applied to biking or vice versa.
- Observe peers riding and improving their riding.
- Practice movement analysis skills using mountain biking as a vehicle.
- Discuss strategies for how they might introduce their friends and family to mountain biking.
- Shoot video of their riding and perform movement analysis on themselves
- Explore descending skills (e.g. how to corner, neutral and ready positions, how to brake without skidding).
- Learn PMBIA Level 1 maneuvers including: front wheel lift, rear wheel lift, level lift, pedaling wheel lift, roll down, slow tight turns.
- Mileage of application of new riding skills or techniques.

Materials/Equipment Needed

- Full face helmet recommended and additional pads (gloves, knee and elbow pads, etc.)
- If participants over the age of 18, they may choose to ride with a half-shell helmet. If jumping skills are desired, a full face helmet is recommended.

- Full suspension mountain bike recommended for riding in a bike park. Not required.
- PMBIA Level 1 course booklet (PMBIA is a partner organization of PSIA-AASI)
- Video camera or phone to shoot video analysis.
- HDMI cord and TV/Monitor to look at mountain bike riding and analyzing movements.
- Any equipment that an individual may take on a mountain bike ride: spare tube, way to inflate it, tire levers, first aid kit, eye protection, water, snacks, rain jacket.