



NPA LEVEL 5 MOUNTAIN BIKING

COURSE DESCRIPTION

The NPA level 5 mountain bike course will mostly be a practical course which develops students' ability and performance in the sport of mountain biking. Additionally, students will develop their ability to coach others in mountain biking sessions as well as organise and run events. Students may also gain some experience in bike maintenance.

ENTRY

Pupils will need to have experience of mountain biking and have a genuine interest in developing mountain biking skills. Students should be able to work individually and as part of a team. They should also have good communication skills.

COURSE CONTENT

Unit 1: Sporting Activity Participation and Performance

Outcomes:

Evidence will be generated by the candidate through practical performance evidence of a minimum of 20 hours participation within the activity. Monitor and evaluate progress of personal performance in the sporting activity.

Unit 2: Sport & Fitness: Coaching Development

Outcomes:

Students will be required to produce plans for a sequence of sports coaching sessions. Deliver a planned sequence of sports coaching sessions designed to improve performance. Students will evaluate the sports coaching sessions and provide recommendations for personnel improvement.

Unit 3: Sport & Fitness: Officiating

Outcomes:

Students will be required to organise and run a mountain bike event. Students will learn about the controls and regulations required for running mountain bike events. Furthermore, students will learn about the various officiating roles within running an event.

COURSE ASSESSMENT

Evidence will be gathered through practical performance in mountain biking. Written assessments via logbooks will be required to be completed for each unit.

PROGRESSION

On completion of the award, you may progress to next level courses such as Higher Physical Education, Sports Leaders at SVQF level 5 or 6 or the BASE Borders College SCQF Level 6 NPA Achieving Excellence in Sport and NPA in Exercise and Fitness leadership.

FURTHER INFORMATION

The school has a fleet of mountain bikes and helmets therefore it is not a requirement for students to have their own bike. If students wish to bring their own bikes arrangements can be made to house the bikes safely for the duration of the day.