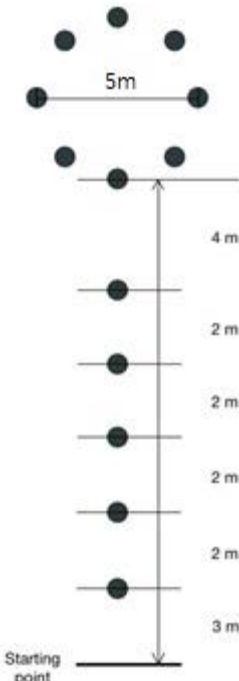


Cycling and Fitness

(Aug 2024 Version)

Skills (60%)				Attendance & Participation	Written Exam.		
Exam	<u>Bike Control</u>	<u>Gear Shifting & Brakes Control</u>	<u>Cycling Fitness</u>				
	25% (Result of exam) +5% (Quality of skills)	10%	20%	20%	20%		
Content	<p>Left and right turns & narrow road U-turns</p> <ul style="list-style-type: none">- Pass through 5 cones from the left of the first cone to the right of the second cone- Next, make 2 rounds inside the circle formed by 8 cones with a diameter of 4m- Then return to the starting point to complete the test- 3 points per cone in the left and right turns part- 0.5 point per cone in the circling part- 2 points for the straight-line part 	<p>Using brakes downhill</p> <ul style="list-style-type: none">- Brake stably and safely within the specified range on a 30m long and 7m high downhill road section <p>Using gear uphill</p> <ul style="list-style-type: none">- Apply gear shifts safely and stably throughout the test on a 30m long and 7m high uphill road section	SCORE	MEN	WOMEN		
			Distance (km)				
			20	10.0	8.0		
			19	9.6	7.6		
			18	9.2	7.2		
			17	8.8	6.9		
			16	8.5	6.6		
			15	8.2	6.3		
			14	7.9	6.0		
			13	7.6	5.8		
			12	7.3	5.6		
			11	7.0	5.4		
			10	6.7	5.2		
			9	6.4	5.0		
			8	6.1	4.8		
			7	5.8	4.6		
			6	5.5	4.4		
5	5.3	4.2					
4	5.1	4.0					
3	4.9	3.8					
2	4.7	3.6					
1	4.5	3.5					
No. of Trial	1	1	1				
Remarks	<p>Quality of skills:</p> <p>5 points – Fulfil the requirements of skill quality and their performances are extremely smooth and skilful</p> <p>3 points – Fairly fulfil the requirements of skill quality and their performances are fairly smooth and skilful</p> <p>1 point– Fail to fulfil the requirements of skill quality and their performances are not smooth and skillful</p> <p>*Feet are not allowed to put on the ground during the whole process</p>	<p>Uphill section 5%</p> <p>Downhill section 5%</p> <p>*Feet are not allowed to put on the ground during the whole process</p>	20 minutes indoor stationary bike test				