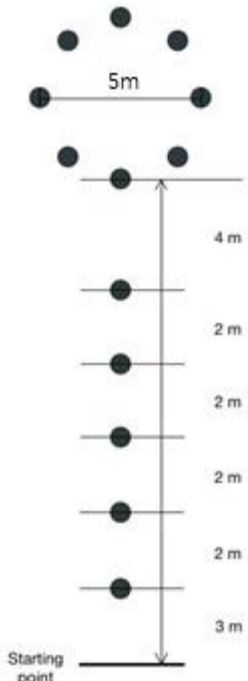


Cycling and Fitness

(Aug 2025 Version)

Skills (54%)				Attendance & Participation	Written Exam.																																																											
Exam	<u>Bike Control</u>	<u>Gear Shifting & Brakes Control</u>	<u>Cycling Fitness</u>																																																													
	25% (Result of exam) +3% (Quality of skills)	8%	18%	26%	20%																																																											
Content	Left and right turns & narrow road U-turns - 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 	Using brakes downhill - Brake stably and safely within the specified range on a 30m long and 7m high downhill road section Using gear uphill - Apply gear shifts safely and stably throughout the test on a 30m long and 7m high uphill road section	<table><tr><th rowspan="2">SCORE</th><th>MEN</th><th>WOMEN</th></tr><tr><th colspan="2">Distance (km)</th></tr><tr><td>18</td><td>11</td><td>9</td></tr><tr><td>17</td><td>10.5</td><td>8.5</td></tr><tr><td>16</td><td>10</td><td>8</td></tr><tr><td>15</td><td>9.5</td><td>7.5</td></tr><tr><td>14</td><td>9</td><td>7</td></tr><tr><td>13</td><td>8.5</td><td>6.5</td></tr><tr><td>12</td><td>8</td><td>6</td></tr><tr><td>11</td><td>7.5</td><td>5.5</td></tr><tr><td>10</td><td>7</td><td>5.2</td></tr><tr><td>9</td><td>6.7</td><td>5</td></tr><tr><td>8</td><td>6.4</td><td>4.8</td></tr><tr><td>7</td><td>6.1</td><td>4.6</td></tr><tr><td>6</td><td>5.8</td><td>4.4</td></tr><tr><td>5</td><td>5.5</td><td>4.2</td></tr><tr><td>4</td><td>5.3</td><td>4</td></tr><tr><td>3</td><td>5.1</td><td>3.8</td></tr><tr><td>2</td><td>4.9</td><td>3.6</td></tr><tr><td>1</td><td colspan="2">(completed 20 minutes)</td></tr></table>	SCORE	MEN	WOMEN	Distance (km)		18	11	9	17	10.5	8.5	16	10	8	15	9.5	7.5	14	9	7	13	8.5	6.5	12	8	6	11	7.5	5.5	10	7	5.2	9	6.7	5	8	6.4	4.8	7	6.1	4.6	6	5.8	4.4	5	5.5	4.2	4	5.3	4	3	5.1	3.8	2	4.9	3.6	1	(completed 20 minutes)			
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Remarks	Quality of skills: 5 points – Fulfil the requirements of skill quality and their performances are extremely smooth and skilful 3 points – Fairly fulfil the requirements of skill quality and their performances are fairly smooth and skilful 1 point– Fail to fulfil the requirements of skill quality and their performances are not smooth and skilful *Feet are not allowed to put on the ground during the whole process	Uphill section 5% Downhill section 5% *Feet are not allowed to put on the ground during the whole process	20 minutes indoor stationary bike test																																																													