

Range Exercise Case Study #1

Exercise 9 – Stopping Quickly - Simulated Practice

- After having students mount and assume good riding posture, the RiderCoach initiated simulated practice.
 - Students were instructed to do the following:
 - “Roll on the throttle”
 - “Then roll off the throttle”
 - “Apply both brakes”
 - “Squeeze the clutch and downshift”
 - “Put your left foot down first and then your right”
 - “Keep your head and eyes up”
 - “Both hands – Both feet”
 - C1 had students repeat the process in the same manner a second time.
 - Most riders did not fully simulate the new motor skill.
 - C1 then instructed riders to “start their engines”.
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1) Identify Continuous Improvement Opportunities (CIO)?

2) Identify appropriate content to context threading.

3) What would you do to facilitate performance improvement for this RC?