



Intermediate Bike Mechanics Course

Participants: Recreational Cyclists

Class size: Trainer to student ratio - 1:10

Duration: 24 Hours over 3 Days

Venue: 9005 Tampines Street 92, #01 - 254 Singapore 528839

This intermediate course builds on what was learnt in the SCF Basic Bike Mechanics course by going into detailed component-by-component studies and practice. This course is suitable for anyone who wants a better understanding of their bikes, to learn professional maintenance, upgrade procedures.

Lessons are delivered in a classroom setting through: Modelling (demonstrations), Cooperative and Experiential Learning and Inquiry-Guided Instruction, reinforced with Graphic Organizers and training props.

Students will be assessed through a combination of written and practical tests. Those who pass will be awarded a SCF X BSA Intermediate Bike Mechanics certification, endorsed by Singapore Cycling Federation and Bike School Asia, while those who complete the course without taking the tests, or are unable to meet the passing criteria will receive a Certificate of Completion.

Part 1: Measurements

1.1 Linear, thread, torque

- Introduction to different methods of measurement used in bike mechanics

Part 2: Headset Removal & Assembly

2.1 Threaded and/or non-threaded

- Assembly and removal of different types of headsets

Part 3: Mechanical Brakes

3.1 Adjustment of liner pull

3.2 Removal & installation of caliper and mechanical disc

Part 4: Tires & Tubes

4.1 BSD, punctures, tubeless setup and tireless insets

Part 5: Chains

5.1 Chain pitch, wear, growth, suck and slop

5.2 Chain removal and installation

5.3 Measuring chain length

5.4 Chain cleaning and lubrication

Part 6: Cranks & Bottom Brackets

6.1 Taxonomy from Cotter Cranks to T47

6.2 Removal and installation of Square Tapered cranks and BB

6.3 Removal and installation of two-piece cranks and external BB

6.4 Removal and installation of Shimano PF24 press-fit BB



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Part 7: Derailleurs

7.1 Removal and installation of MTB Front & Rear Derailleurs

7.2 Removal and installation of Road Front & Rear Derailleurs

Part 8: Professional Bar Taping

8.1 Bar Taping