

Novice Class Schedule

PAGE	TOPIC	TEACHING STYLE	MINUTES
Chapter 1: Basic Mechanical Skills			
1-ii	Class Welcome Talk	Lecture	10
2	Threaded Fastener Tension & Torque	Lecture	5
4	Lubrication, Threadlockers, & Cleaners	Reading	—
6	Diagnosing & Solving Mechanical Problems	Reading	—
6	Tools & Tool Selection	Reading	—
6	Repair Stands	Reading	—
7	Home Shop Setup	Reading	—
8	Maintenance Schedule	Lecture	5
TOTAL:			20
Chapter 2: Tires & Tubes			
2-i	Chapter Overview	Lecture	5
12	Wheel Removal	Lecture	5
14	Removal of Tire & Tube from Rim	Demo & Lab	10
15	Inner Tube Inspection	Lecture	5
16	Tire Inspection	Lecture	5
17	Rim Strip	Reading	5
17	Inner Tube Repair	Demo & Lab	10
17	Inner Tube Repair with Self-Vulcanizing Patches		
18	Inner Tube Sealants	Reading	—
18	Tire Liners	Reading	—
19	Inner Tube Valves	Reading	—
20	Tire & Tube Sizing	Reading	—
21	Installation of Tire & Tube on Wheel	Demo & Lab	10
22	Wheel Installation	Demo & Lab	10
26	Tubeless Systems	Lecture	5
TOTAL:			70
Chapter 3: Rear Sprockets			
3-i	Chapter Overview	Lecture	5
34	Cassette Sprocket Removal & Installation	Demo	10
36	Freewheel Sprocket Removal & Installation		
38	Sprocket Inspection & Cleaning	Demo & Lab	10
39	Fixed Gear Sprocket	N/A	—
TOTAL:			25
Chapter 5: Wheel Truing			
5-i	Chapter Overview	Lecture	5
54	Wheel Truing Overview	Lecture	5
56	Truing Procedures (Lateral)	Demo & Lab	10
62	Wheel Wear, Damage, & Repair	Lecture	10
TOTAL:			30
Chapter 6: Pedals			
6-i	Chapter Overview	Lecture	5
66	Pedal Removal	Demo & Lab	5
66	Pedal Installation	Demo & Lab	5
67	Damage to Crank Pedal Threads	N/A	—
TOTAL:			15
Chapter 7: Cranksets			
7-i	Chapter Overview	Lecture	5
70	Crank Types	Lecture	10
91	Chainrings	Lecture	5
92	Chainring Wear and Damage	N/A	—
TOTAL:			20
Chapter 8: Chains			
8-i	Chapter Overview	Lecture	5
99	Shimano® and FSA® Chains with Connecting Rivet	Demo & Lab	15
102	Chains with Master Link	Lecture	5
106	Chain Wear and Damage	Lecture & Lab	10
107	Chain Cleaning	Demo only or with Lab	15
107	Chain Lubrication	Demo & Lab	10
TOTAL:			60
Chapter 9: Derailleur Systems			
9-i	Chapter Overview	Lecture	5
120	Front Derailleur (Limit Screws Adjustment)	Demo & Lab	15
122	Front Index Adjustment	Demo & Lab	10
124	Rear Derailleur	Lecture	5
125	Limit Screw Adjustment	Demo & Lab	15
127	B-Screw Adjustment	Demo	5
127	Index Adjustment	Demo & Lab	20
132	Derailleur Wear & Service	Lecture	5
133	Troubleshooting Derailleur Systems	Lecture	5
TOTAL:			85
Chapter 11: Caliper Disc Brake Systems			
11-i	Chapter Overview	Lecture	5
150	Caliper Types	Lecture	10
151	Disc Brake Rotors	Lecture	5
162	Mechanical Disc Brake Systems	Demo & Lab	20
163	Brake Lever		
163	Caliper Pad Alignment and Clearance		
TOTAL:			40
Chapter 12: Caliper Rim Brake Systems			
12-i	Chapter Overview	Lecture	5
170	Brake Levers	Lecture	5
171	Cable System	Lecture	5
172	Cable Lubrication	Reading	—
172	Cable Housing Length	Reading	—
173	Caliper Rim Brakes	Demo & Lab	30
174	Brake Pads	Demo & Lab	10
176	Linear-Pull Caliper Adjustment	Include as	—
177	Cantilever Caliper Adjustment	Include as	—
180	Dual-Pivot Caliper Adjustment	Include as	—
181	Side-Pull Caliper Adjustment	Include as	—
TOTAL:			55