



## SICI Fundamentals Class

### Class Curriculum and Schedule

Time	Topic	Instructor
8-8:30	Registration	
8:30-9	Introduction to Bike Fitting	Ray
9-10:00	Functional Anatomy and Bike Fitting	Ray
10:15-12	SICI Bike Fit Process – Interview, Assess and Fit	Chris
12-1 pm	Lunch	
1-3	Fit Practice	
3:15-4:15	Special populations – Triathlon and MTB	Chris B
4:15-5	Common fit problems/solutions	Chris B
5-5:30	Q &A and Wrap-up	

### Lecture Descriptions

**Introduction:** During this lecture we will introduce the concept of bike fitting and discuss the benefits of a good bike fit (comfort, performance, safety). We will outline the objectives of the course – gaining an fundamental understanding of cycling anatomy and the bike fit process.

**Functional Anatomy and Bike Fitting** – During this lecture you will learn basic cycling biomechanics, functional anatomy and assessments used during bike fitting. We will use movement during this lecture to demonstrate key concepts.

**Bike Fit Process** – You will see a demonstration/tutorial of the SICI bike fit process. A bike fit will be performed on one of the class participants, including a brief interview, assessment and position on an existing bike or size cycle. While one of the instructors conducts the fit, the other will be providing a tutorial of what is happening and why.

**Fit Practice** – During this session, you will have an opportunity to practice several key skills required in the bike fit process. You will conduct a short



interview, perform key physical assessments (shoulder width, crotch height and flexibility), make on-bike measurements and adjustments and evaluate riding position.

**Special Populations – Triathlon and MTB –** During this lecture we will address how the type of cycling affects the fit process. Changes in position to minimize aerodynamic drag will be discussed, with a specific focus on triathlete fitting. General guidelines will be presented for triathlon and MTB fitting.

**Common Fit Problems/Solutions –** During this lecture we will highlight the most common cycling related medical complaints (knee pain, numbness, back pain, neck pain and hand/wrist pain) and discuss how fit may play a role in each of these complaints. No attempt will be made to teach what to do – rather the focus will be on how to identify the problem.