

# EVALUATING BIKEOLOGY AT WENDLER

An Evaluation of Bicycle Education in Schools

35 bicycles are available for ASD's physical education teachers to use in their classroom as part of the Bikeology curriculum.

AIPC worked with classroom teachers at Wendler to evaluate differences in students' knowledge of bicycling basics, skills, and rules of the road before and after participating in the Bikeology unit at their school.



## 01 PROGRAM INFO

Thanks to a grant from Alaska's Safe Routes to School program, students in Anchorage are receiving bicycle education in their Physical Education Classes. This grant allowed for the purchase of a bike fleet for teachers to use to teach a bicycling education curriculum.

The Bikeology curriculum was developed by the National Highway Traffic Safety Administration and SHAPE America.

All bikes are housed in a transportation trailer containing 35 adjustable bicycles, helmets, and gear for teachers to set up bike handling and skills drills.

## 02 EVALUATION

AIPC worked with the Anchorage School District to assess gains in students' knowledge of bicycling basics and rules of the road before and after receiving bicycle education and training.

The Bikeology curriculum contains a test that covers key lessons from the curriculum.

Wendler teachers administered this test to students prior to receiving training, at the conclusion of the bike unit, and two weeks after receiving training from the Bikeology curriculum.



## 03 KEY FINDINGS



Prior to receiving training, the average test score was 16 out of 30.



After participating in the bike unit, the mean test score was 22 out of 30.



Two weeks after completing the unit, students scored an average of 21 out of 30.

130

Approximately 130 students at Wendler Middle School participated in the bike unit.

## 04 Pre and Post Test Comparison



VS



Prior to participating in the Bikeology unit, only 39% of Wendler students knew how to fit a helmet correctly.

On the pre test, 15% of Wendler students knew how to signal a right turn while riding a bike.

55% of Wendler students indicated that a bicycle is a vehicle on the road prior to receiving training.

After receiving education, 67% of Wendler students correctly identified how to fit a bike helmet.

62% of Wendler students knew the correct hand signal for a right turn when they took the post test.

After participating in the Bikeology unit, 91% of Wendler students indicated that a bicycle is a vehicle while traveling on the road.

## 05 NEXT STEPS

The ASD recently received funding to purchase an additional four fleets of bicycles. AIPC hopes to see bicycle injury rates amongst Anchorage youth decrease as youth gain more bicycling knowledge, training, and on-the-bike experience.