

ARE YOU REALLY READY FOR THE BSE EXAM?

From our experience at BBI, meeting the experience requirement for the BSE Exam, or even meeting the experience requirement *and* attending Bicycle Repair & Overhaul, and being *ready* for the exam are not always the same thing. Using the exam preparation materials to set up and take a mock exam is the best way to determine whether you are ready, but a shortcut is to score yourself on the following assessment. It should be obvious to you after reviewing this that always marking the first choice will create the highest score, but being realistic with yourself is the only way to avoid wasting money, experiencing a great deal of pointless stress, and suffering a big disappointment. For each question, mark whichever of the three answers is **closest** to what you think or know, then follow the scoring instructions at the end.

How many times have you adjusted non-cartridge bottom bracket bearings?		
<input type="checkbox"/> More than I can remember	<input type="checkbox"/> Dozens of times	<input type="checkbox"/> A handful or fewer times
When adjusting a bottom bracket bearing, you know it is good when:		
<input type="checkbox"/> If loosened a few degrees, knock (free play) is detected in the axle	<input type="checkbox"/> The axle is as tight as possible without becoming rough or tight to rotate	<input type="checkbox"/> There is no knock (free play at the ends of the crank arms) and the crank spins freely
What is a reasonable amount of time for adjusting a non-cartridge bottom bracket bearing		
<input type="checkbox"/> less than 10 minutes	<input type="checkbox"/> 10-15 minutes	<input type="checkbox"/> more than 15 minutes
How many times have you adjusted a loose-ball hub?		
<input type="checkbox"/> More than I can remember	<input type="checkbox"/> Dozens of times	<input type="checkbox"/> A handful or fewer times
When adjusting a loose ball hub, you know it is good when:		
<input type="checkbox"/> There is knock (side play) at the rim when the QR is loose, but none when the QR is fully tight	<input type="checkbox"/> The axle feels smooth when rotated, but no knock (side play at rim) is felt when jerking on the axle	<input type="checkbox"/> There is no knock (side play at rim) and the wheel spins freely when installed in the bike
What is a reasonable amount of time for adjusting a loose ball hub?		
<input type="checkbox"/> less than 15 minutes	<input type="checkbox"/> 15-20 minutes	<input type="checkbox"/> more than 20 minutes
How many times have you adjusted a threadless headset?		
<input type="checkbox"/> More than I can remember	<input type="checkbox"/> Dozens of times	<input type="checkbox"/> A handful or fewer times
When adjusting a threadless headset, you know the adjustment is good when:		
<input type="checkbox"/> Knock exists when the top-cap bolt is set 1/6 turn looser than the current position	<input type="checkbox"/> Knock exists when the top-cap bolt is set 1/4 turn looser than the current position	<input type="checkbox"/> There is no knock when you lock the front brake and jerk the bike forward and back, but there is no resistance felt at the handlebars
What is a reasonable amount of time for adjusting a threadless headset?		
<input type="checkbox"/> less than 8 minutes	<input type="checkbox"/> 8-12 minutes	<input type="checkbox"/> more than 12 minutes
How many times have you adjusted a threaded headset?		
<input type="checkbox"/> More than I can remember	<input type="checkbox"/> Dozens of times	<input type="checkbox"/> A handful or fewer times
When adjusting a threaded headset, you know the adjustment is good when:		
<input type="checkbox"/> When knock does develop when the adjustable race is set 10° looser (1/36 turn)	<input type="checkbox"/> When the fork is given a spin, the fork completes several revolutions on it's own	<input type="checkbox"/> There is no knock when you lock the front brake and jerk the bike forward and back, and there is no resistance felt at the handlebars
What is a reasonable amount of time for adjusting a threaded headset?		
<input type="checkbox"/> less than 15 minutes	<input type="checkbox"/> 15-20 minutes	<input type="checkbox"/> more than 20 minutes
How many times have you assembled a threaded headset with loose ball bearings (not retainers)?		
<input type="checkbox"/> More than I can remember	<input type="checkbox"/> Dozens of times	<input type="checkbox"/> A handful or fewer times
How many times have you adjusted front derailleur rotation to setup or adjust a front derailleur?		
<input type="checkbox"/> More than I can remember	<input type="checkbox"/> Dozens of times	<input type="checkbox"/> A handful or fewer times
Front derailleur rotation is correctly set when the outer cage plate is:		
<input type="checkbox"/> parallel to the line of the chain in high gear	<input type="checkbox"/> parallel to the chainring	<input type="checkbox"/> angled out by the same amount the inner cage plate is angle in
How many times have you inspected a chain for an incorrectly/incompletely installed rivet?		
<input type="checkbox"/> More than I can remember	<input type="checkbox"/> Dozens of times	<input type="checkbox"/> A handful or fewer times

More on next page!

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How many times have you setup/adjusted the type of cantilever brake that has shoe studs that are smooth (unthreaded and retained by an eyebolt)?		
<input type="checkbox"/> More than I can remember	<input type="checkbox"/> Dozens of times	<input type="checkbox"/> A handful or fewer times
There is a type of cantilever brake-cable system that has a link-unit head with a built in alignment system for setting the angle between the two sides of the cable "Y". How many times have you used this system to setup the cable geometry on one of these brakes?		
<input type="checkbox"/> More than I can remember	<input type="checkbox"/> Dozens of times	<input type="checkbox"/> A handful or fewer times
Assuming a wheel has no extreme problems, how long does it typically take you to make the lateral (side-to-side), radial (round), dish (rim center), and spoke-tension corrections?		
<input type="checkbox"/> 30 minutes or less	<input type="checkbox"/> 30-45 minutes	<input type="checkbox"/> more than 45 minutes
You use a spoke tension meter when truing wheels:		
<input type="checkbox"/> almost always	<input type="checkbox"/> often	<input type="checkbox"/> occasionally or never
Assuming you were going to replace a freehub body and not overhaul the hub (cleaning, fresh grease, fresh balls), excluding the bearing adjustment, how long would you expect it to take to replace the freehub body and reinstall the axle and cassette?		
<input type="checkbox"/> 8 minutes or less	<input type="checkbox"/> 8-12 minutes	<input type="checkbox"/> more than 12 minutes
If axle protrusion were unequal and you wanted to equalize the protrusions, would you:		
<input type="checkbox"/> measure both protrusions and calculate the average	<input type="checkbox"/> adjust by trial and error	<input type="checkbox"/> I have never done this
You use a torque wrench:		
<input type="checkbox"/> routinely	<input type="checkbox"/> occasionally	<input type="checkbox"/> rarely or never

SCORING:

Give yourself 2 points for each first-column answer, 1 point for each second-column answer, and 0 points for each third column answer and add up your **total points**: _____

Count the number of marks in the third column and enter count here for your **0-point items**: _____

BSE EXAM READINESS ASSESSMENT

3 or more 0-point items – Your experience is inconsistent so you are **not ready** for the exam, regardless of your total points. Get more experience in general, or find ways to develop the areas where your answers are in the third column.

40 points or more – You are **ready** for the exam, as long as you understand the standards that must be achieved and can perform in a stressful test environment at the level you normally perform.

30-39 points – If this is your total and you *did not* have three or more 0-point items, you are **almost ready** for the exam. Attending Bicycle Repair & Overhaul, or doing the mock exam on your own several times is likely to make you adequately prepared, as long as you can perform in a stressful test environment at the level you normally perform. *For any 0-point items, get more practice than just taking the Bicycle Repair & Overhaul program!*

Under 30 points – You are **not ready!** Taking the exam, even with the addition of attending Bicycle Repair & Overhaul is *not* likely to result in a passing result. Practice the exam on your own and put in at least 6 months more full time in the shop at the bench, then retake this self assessment.