



PE 1550

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1550

Title: Mountain Biking

Catalog Description:

This course is an introduction to mountain biking. It teaches riding techniques, cycling safety, and the knowledge to adequately maintain a bicycle. This course is repeatable for credit.

General Education Requirements: N/A

Semesters Offered: Summer, Fall 1, Spring 2

Credit/Time Requirement: Credit: 1; Lecture: 0; Lab: 2

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Justification:

This course fulfills elective credit at the University of Utah (ESS 1180) and Weber State University (PE 1230). Lifetime recreational activities such as Mountain Biking develop physical skills that form the basis of a healthy lifestyle. This is important in a society with so many health dangers associated with sedentary lifestyles.

Student Learning Outcomes:

Upon completion of this course, students will have:

gained fitness conditioning

learned riding techniques

knowledge of bicycle maintenance and safety issues

knowledge of how to recreate in the natural environment without harming it

Content:

Students learn the following:

- bicycle handling skills to maintain safety (braking, position on the bike, gear shifting, how to clear obstacles etc.)
- how to read the terrain
- how to ride with awareness of environmental minimum impact techniques

Students are introduced to the following maintenance procedures:

- Tires and tubes

- Hubs
- Derailleurs
- Chains
- Crankset
- Freewheel
- Headset
- Bottom Bracket
- Brakes
- Truing Wheels

Students are required to keep a log of riding outside of class (They must ride 100 miles outside of class) There is a weekend field trip with the class.

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Mountain biking is a very demanding physical endeavor. It involves strength, balance, and a high degree of aerobic fitness which are basic components of a lifetime fitness program. Strength and cardiorespiratory endurance have conclusive scientific data to support positive health outcomes in participants.

Key Performance Indicators:

Assessment is based on the following approximate values: Attendance is about 50% of grade. The field trip is about 12 % of grade. Logs for riding outside of class are about 38% of grade.

Representative Text and/or Supplies:

Instructor Handouts

Optimum Class Size: 15

Maximum Class Size: 15

Signatures:

I hereby submit this course syllabus:

Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)