

EASTERN ARIZONA COLLEGE

Mountain Bike Riding I

Course Design
2018-2019

Course Information

Division Health & Physical Education
Course Number HPE 101AH
Title Mountain Bike Riding I
Credits 2
Developed by John Lake/Revised by Jim Bagnall
Lecture/Lab Ratio 1 Lecture/2 Lab

Transfer Status

ASU	NAU	UA
EXW 105, KIN 105	FIT 100	Elective Credit, PE Activity Credit limit of three units

Activity Course Yes
CIP Code 31.0501
Assessment Mode Portfolio
Semester Taught Upon Request
GE Category AAS degree only
Separate Lab No
Awareness Course No
Intensive Writing Course No
Diversity and Inclusion Course No

Prerequisites

Minimum age 16

Educational Value

For students who can benefit from learning lifetime skills and want to increase their physical level.

Description

This program is designed to educate and improve knowledge of mountain bike riding. This includes knowledge of bike handling and familiarity of local trails.

Supplies

Mountain Bike
 Appropriate Clothing
 Repair Kit
 Trail Snacks and Drinks

Competencies and Performance Standards

1. Describe the rules of trails International Mountain Biking Association (IMBA)/trail etiquette.

Learning objectives

What you will learn as you master the competency:

- a. Describe the rules of trails IMBA.
- b. Describe trail etiquette.

Performance Standards

Competence will be demonstrated:

- o by passing a quiz with a score of 70% or above

Criteria - Performance will be satisfactory when:

- o learner can describe International Mountain Biking Association rules of the trail
- o learner can display proper trail etiquette

2. Keep a journal.

Learning objectives

What you will learn as you master the competency:

- a. Explain how to keep an accurate journal.

Performance Standards

Competence will be demonstrated:

- o by keeping a journal of one trail ride

Criteria - Performance will be satisfactory when:

- o learner demonstrate how to keep an accurate journal

3. Develop endurance strength.

Learning objectives

What you will learn as you master the competency:

- a. Perform warm-up exercises.

Performance Standards

Competence will be demonstrated:

- o by successful completion of skills test

Criteria - Performance will be satisfactory when:

- o learner performs warm-up exercises

4. Perform emergency repairs/break downs

Learning objectives

What you will learn as you master the competency:

- a. Discuss how to patch a tire, replace the chain, and lubricate gears.
- b. Explain how to adjust bike to minimize stress.

Performance Standards

Competence will be demonstrated:

- o by successful completion of skills test

Criteria - Performance will be satisfactory when:

- learner explains and demonstrates how to patch a tire, replace the chain, and lubricate gears
- learner explains and demonstrates how to adjust handlebars, seat, and pedals to prevent rider stress

5. Choose nutritional snacks and drinks.

Learning objectives

What you will learn as you master the competency:

- a. Discuss the importance of choosing healthy snacks.
- b. Discuss the benefits of adequate supply of water.

Performance Standards

Competence will be demonstrated:

- by being properly hydrated while riding

Criteria - Performance will be satisfactory when:

- learner explains the importance of choosing healthy snacks
- learner explains the benefits of adequate supply of water

6. Acquaint self with proper bike attire and hiking supplies.

Learning objectives

What you will learn as you master the competency:

- a. Discuss proper clothing and accessories needed for mountain riding.
- b. Explains adequate repair supplies.

Performance Standards

Competence will be demonstrated:

- by successful completion of skills test

Criteria - Performance will be satisfactory when:

- learner explains what proper comfortable clothing for weather conditions
- learner discusses adequate repair supplies

7. Demonstrate correct skills for riding on forest trails.

Learning objectives

What you will learn as you master the competency:

- a. Discuss trails that meet riders ability.
- b. Explain the importance of acquainting self with local forest environment.

Performance Standards

Competence will be demonstrated:

- by successful completion of skills test

Criteria - Performance will be satisfactory when:

- learner examines accessibility of local trails
- learner explains how to map routes

8. Perform trail riding

Learning objectives

What you will learn as you master the competency:

- a. Develop trails appropriate to ability level.

Performance Standards

Competence will be demonstrated:

- o by successful completion of skills test

Criteria - Performance will be satisfactory when:

- o learner trains for trail rides with little or no physical difficulty

Types of Instruction

Classroom Presentation

Simulated or Actual Work Experience

Grading Information

Grading Rationale

Trail Riding Activities	40%
Weekly Quiz	20%
Attendance	20%
Portfolio	20%

Grading Scale

P - 70% - 100%

F - Below 70%