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:

<table>
<thead>
<tr>
<th></th>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<tr>
<td>EXW 105, KIN 105</td>
<td>FIT 100</td>
<td>Elective Credit, PE Activity Credit limit of three units</td>
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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
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:*

- by successful completion of skills test

*Criteria - Performance will be satisfactory when:*

- 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**

<table>
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<tr>
<th>Component</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Trail Riding Activities</td>
<td>40%</td>
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<tr>
<td>Weekly Quiz</td>
<td>20%</td>
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<tr>
<td>Attendance</td>
<td>20%</td>
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<td>Portfolio</td>
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**Grading Scale**

P - 70% - 100%

F - Below 70%