COMMON COURSE OUTLINE: Course discipline/number/title: PHED 1107: Cycling (Non-motorized)

A. CATALOG DESCRIPTION
1. Credits: 1
2. Hours/Week: 2
3. Prerequisites (Course discipline/number): ENGL 990 and College level reading.
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

The student will learn the basic rules of operation of the bicycle, rules of the road, and how to properly care for equipment. It is expected that the student will realize the value of cycling in achieving physical fitness and will be encouraged to have a carry-over interest in cycling. RECOMMENDED ENTRY SKILLS/KNOWLEDGE: Basic reading skills/bicycle riding skills.

B. DATE LAST REVISED (Month, year): October, 2006

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Basic Riding Techniques
   a) Looking behind you
   b) Riding the paceline/paceline etiquette
2. Care and Operation of Equipment
   a) Selection of bicycle
   b) Selection of accessories
   c) Adjustment of equipment-saddle height, toe clips, cleat placement, crankarm length, brake lever placement, handlebar strength and height.
   d) Changing a tire
   e) Gear adjustment
3. Rules of the Road
   a) Reading the road-quick turn maneuvers, emergency braking techniques
   b) Saving the wheels-weight shift, pull-up, jumping
   c) City riding-speed, traffic lights, signals
   d) Highway riding—two-lane roads, climbing hills, curves
4. Advanced Techniques
   a) Racing form
   b) How to train
   c) Braking
   d) Non-traditional surface navigation
   e) Hill climbing
   f) Gearing
   g) Ideal equipment

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Demonstrate proper two-handed riding form.
2. Demonstrate the ability to “look behind him/her” while safely navigating the bicycle.
3. Demonstrate paceline technique.
4. Select a bicycle to meet his/her needs.
5. Change a tire.
6. Adjust gears effectively in various physical situations (hills, speed change).
7. Demonstrate various road maneuvers (turn, braking, jumping, weight shifts, etc.).
8. Demonstrate skill in city and rural riding.
9. Be aware of advanced techniques of riding.

E. LEARNING OUTCOMES (MNTC): NA
F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Skills test
2. Written test
3. Participation
4. Journal
5. Paper
6. Other

G. SPECIAL INFORMATION (if any): None