

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

- A. CATALOG DESCRIPTION
1. Credits: 1
 2. Hours/Week: 2
 3. Prerequisites (Course discipline/number): None
 4. Other requirements: None
 5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: In this course the student will learn the basic rules of operation of the bicycle, rules of the road, bicycle safety and how to properly care for equipment. The student will be introduced to the value of cycling in achieving physical fitness and will be encouraged to continue cycling as a lifetime skill.
- C. DATE LAST REVISED (Month, year): February. 2022
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Basic Bicycle Riding Techniques and Etiquette
 2. Care and Operation of Equipment
 3. Rules of the Road
 4. Safe Bicycling Techniques and Emergency Skills
 5. Advanced Techniques
 6. Fitness Principles
 7. Consumer Information for Purchasing a Bicycle
- E. 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. Adjust gears effectively in various physical situations (hills, speed change).
 4. Demonstrate paceline technique.
 5. Demonstrate various road maneuvers (turning, braking, jumping, weight shifts, etc.).
 6. Demonstrate skill in city and rural riding.
 7. Change a tire.
 8. Be aware of advanced techniques of riding on alternative surfaces
 9. Select a bicycle to meet his/her needs.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Daily Assignments
 2. Exams
 3. Skill Exam
 4. Participation
 5. Journal
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None