Bemidji State University

PHED 1260: Skills for Life: Cycling

A. COURSE DESCRIPTION

Credits: 1
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *
Prerequisites: None
Corequisites: None
MnTC Goals: None

Introduction to and practice in bicycling either off-road or road riding. Basic maintenance skills such as adjusting derailleurs, brakes and changing tires will be presented. Information on cycling for fitness, racing and bicycle touring will be presented. [BSU Focus: Performance and Participation]

B. COURSE EFFECTIVE DATES: 08/22/1997 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Basic bicycle safety
2. Basic maintenance and parts of a bicycle
3. Bicycle skills: arm signals, peddling
4. History of cycling
5. Traffic laws

D. LEARNING OUTCOMES (General)

1. develop knowledge about basic bicycle safety equipment.
2. develop an understanding of bicycle riding safety.
3. become familiar with traffic laws.
4. demonstrate effective peddling rhythm.
5. demonstrate arm turning signals.
6. demonstrate safe behavior in the skill target setting and the elements of effective skill execution.
7. demonstrate knowledge and experience the benefits of course's "Skill for Life" as a lifetime skill/physical activity.
8. use their newly acquired knowledge to work collaboratively with an assigned class partner and/or to give quality of performance feedback.
9. become familiar with aspects of cycling as a form of aerobic exercise.
10. learn how to use "spinning.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted