

North Hennepin Community College

EXSC 1470: Bicycling

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 0

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to examine outdoor bicycling for both leisure and exercise. It will introduce students to basic bicycling skills, maintenance, and safety. An emphasis will be placed on increasing cardiovascular endurance as well as bicycling as a lifetime activity.

NOTE: Students will be expected to participate in bicycling (outdoor) each week, and will be required to log daily rides through the Polar Beat smart phone app. Access to a bicycle, helmet, and heart rate monitor are required for this course.

B. COURSE EFFECTIVE DATES: 12/05/2018 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Recognize through participation the benefits of bicycling as a lifelong activity (ELO 1 & 3).
2. Comprehend the American College of Sports Medicines recommendations for physical activity, and demonstrate them through required weekly bike rides (ELO 1 & 2).
3. Examine current research linking biking to improvements in one's overall physical and mental health (ELO 1 & 2).
4. Demonstrate through implementation and evaluation, an understanding of heart rate training and other fitness technology, and its integration into personal fitness endeavors (ELO 1 & 3).
5. Examine proper bicycling equipment, mechanics, and techniques, and the impact they have on basic bio-mechanics and prevention of injuries (ELO 1 & 2).
6. Demonstrate basic bicycle repairs (i.e. changing a flat tire) (ELO 1 & 3).

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted