

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR129 001, 002 – Mountain Biking (2)
2-Credits, Fall 2018
Friday, 9:00 am RAC 1001 – Fairfax (8/28/17), OCL, (all other sessions)

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Provides students with the fundamentals of mountain biking through skills aimed to master techniques in descending and ascending hills, negotiating obstacles, and stopping. Skills in maintaining a bike and appreciation of terrain, navigation, and safety will also be covered.

Course Overview

This course is designed to provide students with the skills and fitness necessary to safely enjoy the sport of mountain biking. Students will learn the fundamental skills of mountain biking through skills drills and guided rides at some of Northern Virginia's premier trail systems. The course will also cover essential topics like trail etiquette, how to plan successful rides, sustainability and trail design, bike maintenance, and the health benefits of mountain biking.

- Students are required to dress appropriately for all class activity. Please be advised of the weather and dress accordingly.
- Students must bring water snacks adequate for 2-3 hours of exertion to all sessions.
- Students are required to adhere to all activity and safety rules, precautions, and rules specific to riding locations.
- Students are required to bring their bike to each class session, including the first session.
- Students are required to wear a helmet and eye protection to each class. The helmet must fit properly. Eye protection can be eyeglasses or sunglasses.

- Bikes can be rented at a discount from The Bike Lane in Reston, VA
 - <http://thebikelane.com>
- Students with their own bikes must have them checked by a qualified bike mechanic prior to the start of the semester to ensure the safety of the bike. A student whose bike does not pass the basic safety inspection will need to either repair the bike or rent a bike.
- Students are responsible for transporting themselves and their bikes to each location. Please discuss options with instructor.
- The first class session will be scheduled for two hours. Field sessions will be approximately five hours, but could be longer depending on the location, skill mastery, questions, and discussions.

Course Delivery Method

Face to Face instruction. This is an activity based class.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Summarize the common dangers associated with mountain biking and ways in which hazards can be mitigated.
2. Demonstrate basic maintenance of mountain bikes to include changing tires and adjusting brakes.
3. Apply the lessons of how to descend and ascend a hill, and negotiate obstacles.
4. Explain and demonstrate how to properly stop a mountain bike.
5. Interpret health benefits of mountain biking.
6. Display knowledge of trail maintenance, repair, and respect of green space.

Professional Standards

Not Applicable

Required Texts

Lopes, B. (2010). *Mastering Mountain Bike Skill, Second Edition*. Champaign, IL: Human Kinetics.
Other articles as assigned by the instructor

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

- **Assignments and/or Examinations**

Skill Assessment – (40% or 40 pts.)

Basic skills that will be assessed are:

- a. Position and balance on the bike
- b. Operation of the bike's controls
- c. Awareness of terrain
- d. Directional control on the bike
- e. Pressure control and timing to negotiate obstacles
- f. Basics of sustainable trail design, construction, and maintenance
- g. Basic bike maintenance, and common field repairs

**skills assessment depends on the availability of riding surfaces.*

Written Exam – (20% or 20 pts.)

The written exam will be posted on Bb. It will be composed of short answer questions.

It will include:

- a. Trail Etiquette
- b. Planning and Leading Rides
- c. Basic Bike Maintenance
- d. Sustainable Trails and Trail Maintenance
- e. Health Benefits of Mountain Biking

• **Other Requirements**

Attendance at Class Meetings & Trips- (40% or 40 pts)

According to GMU academic policy, students are expected to attend class regularly and in-class participation is important not only to the individual student, but also to the class as a whole. Participation credit in this course involves being in full attendance during each class day, actively participating in class activities and Blackboard discussions. Absences results in no credit; arriving late, taking an extending break, or leaving early from class results in partial credit. Student computer use or cell-phone use is not active involvement in class activities and will result in partial credit

For every class/field session attended in its entirety, demonstrating teamwork, leadership, respect for others and environment, and cooperation, earns 5 points towards grade. (7 classes = 5.5 points per class)

Field sessions are mandatory. Make-up sessions are not scheduled unless otherwise directed by the instructor due to inclement weather or cancellation by GMU. Each field session is approximately 5 hours to include a short lecture, skills demonstration/practice, and a bike ride on trails.

Absences are excused only with a doctor's note provided to the instructor immediately upon returning to class. Notes can be scanned and emailed to the instructor. Emails, texts, phone calls are welcome to help planning the class but do not excuse absences. If the student will be late to class please call the instructor.

• **Grading**

Grading Scale by %

Total possible points 100 pts.

A	=	94 – 100	B+	=	88 – 89	C+	=	78 – 79	D	=	60 – 69
A-	=	90 – 93	B	=	84 – 87	C	=	74 – 77	F	=	0 – 59

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

[Additional course or program specific language may be added.]

Class Schedule

Note: Faculty reserves the right to alter the schedule as necessary. Locations may vary due to trail conditions and weather. Readings from textbook may be supplemented by articles and handouts relevant to the following week's session.

Week	Topic/Skills	Reading	Location
1	Lecture: Introduction to the course Skill: Equipment Check and Basic Bike Maintenance	Chapter 1	GMU
2	Lecture: Ride Safety, Trail Etiquette Skill: Position and Balance	Chapter 2	Lake Fairfax Park
3	Lecture: Trailside Repairs Skill: Operation of Controls	Chapters 3 & 4	Lake Fairfax Park
4	Lecture: Sustainable Trails and Trail Maintenance Skill: Terrain Awareness	Chapter 10	Lake Fairfax Park
5	Lecture: Planning Your Ride Skill: Directional Control	Chapter 5	Lake Fairfax Park
6	Lecture: Health Benefits Skill: Pressure Control and Timing	Chapters 6 & 7	Lake Fairfax Park
7	Skills assessment and Written exam on Blackboard	Exam	Lake Fairfax Park

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .

