

# Bemidji State University

## PHED 1260: Skills for Life: Cycling

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

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. Liberal Education Goal Area 11.

**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. become familiar with aspects of cycling as a form of aerobic exercise.
7. 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