

HHPA 112 : BEGINNING MOUNTAIN BIKING

Transcript title

Beginning Mountain Biking

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Introduction to mountain biking which will include local trail systems.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of strength training to develop overall physical fitness and enhance sport activities.
3. Demonstrate fundamentals of mountain bike techniques (balance, shifting, and braking).
4. Demonstrate and share our regional trail riding etiquette.
5. Demonstrate basic bicycle maintenance skills.

Content outline

- Intro to Mountain Biking
- Bike Maintenance
- Body Position for different terrains
- Shifting gear drills
- Cadence and braking effectively
- Changing a flat tire
- Endurance practices
- Nutrition concepts

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health