

# HHPA 114 : INTERMEDIATE MOUNTAIN BIKING

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## Transcript title

Intermediate Mountain Biking

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Designed to build upon fundamental mountain bike skills. Trail etiquette and basic nutrition will be reviewed. Introduces intermediate bike maintenance and advanced riding techniques. Rides will take place on local trails. Previous mountain biking experience is necessary.

## Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in intermediate mountain biking skills development and safety practices.
3. Demonstrate intermediate mountain bike techniques (obstacle riding, speed control, steep descents).
4. Demonstrate and share our regional trail riding etiquette.
5. Demonstrate intermediate bicycle maintenance techniques.

## Content outline

- Intro to intermediate mountain biking
- Tracking of rides
- Bike maintenance
- Riding competencies
- Practice and endurance
- 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