

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 113 Bicycling

UNIT VALUE: 1.5, 2

MINIMUM NUMBER OF SEMESTER HOURS: 48, 64

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Instruction in riding techniques, selection, and maintenance of bicycles. Physical fitness and safety factors involved in individual and group bicycling will be stressed. Student must acquire a suitable bicycle and helmet by the fourth week.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. demonstrate fundamental skill in bicycle handling, i.e., pacing, stopping, turning, uphill and downhill riding.
2. initiate individualized fitness training programs for cyclists.
3. identify proper components of bicycles.
4. demonstrate proper maintenance and repair of bicycles.
5. identify and practice traffic safety in group and individual riding situations.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. **Bicycle components, frames, tires, brake systems, gearing, handle bars and accessories**
 - a. Bike costs of parts and frames
 - b. Bike cleaning techniques
 - c. Proper repairs
 - d. Local shop criteria
2. **Bicycle fitness**
 - a. Aerobic endurance
 - b. Anaerobic strength and speed
 - c. Muscle system for cycling
3. **Bicycle safety**
 - a. Proper clothes and shoes, gloves and helmet
 - b. The law and the rider
 - c. Handling techniques of bicycle
4. **Bicycle training-racing**
 - a. Type of workouts
 - b. Preparation for racing

REQUIRED READING:

Instructor generated handouts on bicycling conditioning and fitness.

SUGGESTED READING:

Bicycle Magazine, Bicycling, Winning Magazine and Triathlete Magazine, Mountain Bike Magazine.

REQUIRED WRITING:

Journal of rides to include routes, distance, time and type of bicycling training, five(5) page journal of maintenance for bicycle.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short term classes.

Riding in organized, sponsored rides of appropriate length occurring in local area.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
 laboratory
 lecture-laboratory combination
 directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, and 55378.

Yes No .

If yes, check all that apply. (See guidelines for preparations for definitions.)

telecourse
 mediated instruction
 computer assisted instruction

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

50% Participation
25% Journals
25% Final Examination

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 4.

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

58161(c)(2)(A) and (B)

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