

Tompkins Cortland Community College
Master Course Syllabus

Course Discipline and Number: RECR/FITN 161
Course Title: Mountain Biking

Year: 2023-2024
Credit Hours: 1

Attendance Policy: *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

Services for Students with Disabilities: *It is the College's policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

Course Description

Provides students with the opportunity to learn the fundamentals of mountain biking as a lifetime leisure activity. Topics include mountain biking specific techniques, skills, bike maintenance, information, and a practical experience. Each student must have a mountain bike and helmet. Additional fee required. Prerequisites: Prior completion or concurrent enrollment in MATH 090, ENGL 099, and RDNG 099 if required by placement testing. 1 Cr. (2 Lab.) Fall semester.

Course Context/Audience

This course satisfies an Outdoor Activity Elective requirement in the Outdoor Recreation degree program. It is designed to help students fulfill the Outdoor Recreation program learning outcome regarding students being able "to demonstrate proficiency, competency and leadership abilities in a skill/knowledge area of outdoor recreation". In addition, it can be taken by all students to fulfill the fitness or an unrestrictive elective requirement. A complete health physical by a licensed physician is recommended for all physical activities including this course.

Basic Skills/Entry Level Expectations

Writing: W1 Student should be taking ENGL 099 (if needed). The course requires very limited writing, e.g., short written responses of a paragraph or less.

Math: M1 Taking MATH 090 (if needed) – Course requires limited use of very basic mathematical skills.

Reading: R1 Course may be taken concurrently with RDNG 099.

Course Goals

By successfully completing this course, student will be able to:

1. Demonstrate that they can appropriately employ mountain biking skills and techniques
2. Demonstrate an understanding and the ability to apply the following concepts: dressing in layers in preparation for various weather conditions, prevention and treatment of hypothermia, trip planning, proper nutrition for strenuous activities, safe travel, and trail etiquette.
3. Explain and demonstrate the proper use, care and maintenance of mountain biking equipment.
4. Utilize backcountry navigation techniques.
5. Explain the value, meaning, and benefits of mountain biking in their life, specifically as it relates to their life goals.

6. Organize, plan and implement a mountain biking trip following guidelines set forth in class.
7. Demonstrate, practice, and role model the Leave-No-Trace ethics and up-to-date guidelines for outdoor recreation throughout their lives.
8. Write emergency action plans in regard to mountain biking trips and demonstrate first aid techniques specific to backpacking emergencies.
9. Demonstrate respect for the communities visited on the class trips.

Course Objectives/Topics

Objective/Topic	% Course
Students will learn and practice a set of base mountain biking skills	10-20%
Students will demonstrate proper and ethical backcountry navigation	10-20%
Students will demonstrate proper care, use and maintenance of specific Mountain Biking equipment including their own bikes.	20-40%
Students will plan and participate in several mountain bike trips.	20-50%
Students will learn, apply and promote outdoor recreation ethics.	10-20%

General Education Goals - Critical Thinking & Social/Global Awareness

CRITICAL THINKING OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<p>Students will be able to</p> <ul style="list-style-type: none"> ➤ develop meaningful questions to address problems or issues. ➤ gather, interpret, and evaluate relevant sources of information. ➤ reach informed conclusions and solutions. ➤ consider analytically the viewpoints of self and others. 	<p>The inherent nature of this class is for students to learn material in class, combine this new information with past experiences and knowledge, and apply this new understandings and philosophies within their field work exercises. Student, while Mt. Biking will be challenged with problems and required to make decisions in regards to the health of the group and themselves.</p> <p>Students will conduct research on Mt. Biking topics using a variety of sources, analyze the information within these sources, and report their findings to the class.</p> <p>Participating in a small group Mt. Biking experiences, students will be subject to different viewpoints of themselves and other people. Other people include first their group and secondly other user groups in the area.</p>

SOCIAL/GLOBAL AWARENESS OUTCOMES	HOW DOES THE COURSE ADDRESS THE OUTCOMES (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<ul style="list-style-type: none"> ➤ Students will begin to understand how their lives are shaped by the complex world in which they live. ➤ Students will understand that their actions have social, economic and environmental consequences. 	<p>By visiting various locations, students will learn how such areas impact their lives and are connected to their livelihood even though they are just visitors. Students, in the classroom and in the field, will work and participate in small groups. To succeed in these social environments, they must understand their own perspective as well as be willing to learn from others in their small group.</p> <p>Physical, biological, and psychological carrying capacities of specific areas will be discussed and observed. Students will be able to identify the economic consequences of their actions and other visitor actions within these specific areas.</p> <p>Traveling into environmentally sensitive areas such as State Forest lands and other Wilderness areas requires a heightened environmental awareness as not to leave an impact. Students will follow Leave No Trace Guidelines and take all necessary steps to minimize environmental impact. Biking adventures as a whole are considered environmentally friendly activities.</p>

Instructional Methods

Appropriate instructional activities/methods include in class exercises, group field experiences: biking trips, outside map and compass exercises, bike maintenance, and in-class group work.

Methods of Assessment/Evaluation

Method	% Course Grade
Outdoor Mountain Biking trips. Several Mountain Biking trips as the course allows.	30-50%
Projects: Example: Plan and organize a Mountain Biking trip.	10-25%
Final exam: Comprehensive	10-25%
Outdoor Recreational Activity Skills Development: Demonstrate working knowledge of fundamental Mountain Biking skills and bike maintenance	10-25%
Written Reports, Research and Presentations: Students will work together in groups, research and present information about a topic related to Mountain Biking	10-20%
NOTE: The course instructor, with approval of the program chair, can make changes to evaluation methods.	

Text(s)

The Bicycling Guide to Complete Bicycle Maintenance and Repair: For Road and Mountain Bikes, Downs, T., (Expanded and Revised 5th Edition). Edition, © (2005) Holtzbrinck Publishers

Students must have a mountain bike properly sized and in safe riding condition.

A helmet, spare inner-tube, and water bottle are also required. Various trail maps based on location of trip must be purchased.

Central New York mountain biking: The 30 best back road and trail rides in upstate New York., Mansfield, D., Latest edition, © (1994). Vitesse Press. College Park, MD.

Bibliography

Blanchard, J., Stong, M., and Ford, P., (2007) Leadership and Administration of Outdoor Pursuits, 3rd edition. State College, PA. Venture Publishing.

Miles, J.C., and Priest, S. (1999) Adventure Programming, State College, PA. Venture Publishing.

Priest, S., and Gass, M. A. (2005) Effective Leadership in Adventure Programming. 2nd edition. Champaign, IL. Human Kinetics.

Martin, B., Cashel, C., Wagstaff, M., and Breunig, M. (2006) Outdoor Leadership: Theory and practice. Champaign, IL. Human Kinetics.

Jensen, C. R., and Guthrie, S. P. (2006) Outdoor Recreation in America, 6th edition. Champaign, IL. Human Kinetics.

Prouty, D., Panicucci, J. and Collinson, R. (2007) Adventure Education: Theory and applications. Champaign, IL. Human Kinetics.

Kosseff, A. (2003). AMC Guide to Outdoor Leadership. Boston Massachusetts, Appalachian Mountain Club Books.

Drury, J. and Holmlind, E. (2006) The Camper's guide to outdoor pursuits, 2nd edition: Sagamore Publishing.

Other Learning Resources

Audiovisual

DVD: Soft Paths: How to enjoy the wilderness without harming it, National Outdoor Leadership School.

Electronic

TOPO USA, NY State base Topographical maps DVD Rom.

Backpacking web sites.

Other

Various Outdoor equipment and supplies.

Various Trail maps.

Transportation resources.