

PEHR 1550

Mountain Biking

Oct. 2nd to Dec. 11th

Instructor: Brinkerhoff, Lukas

Office: Red Rock

Bicycle

Email: lukas@redrockbicycle.com

Office Hours: 9am-

7pm

Class Room: Room 107, Old Gymnasium

Office Phone: 674-3185 x302

Credit Hours: 1

Lecture Section: 01B

Required Book: None

Days/Time: Thursday, 1-4:50pm

Course Description:

This course offers the opportunity to discover one of America's most popular leisure time pursuits and develop skills and interests that will bring a lifetime of enjoyment and health promotion. Students will discover some of the wonderful local mountain biking trails and scenery. Instruction is provided on components, cycling skills, safety, conditioning, trip planning, maintenance and repair.

Student Objectives:

1. Understand mountain biking skills, technical riding, trail etiquette, safety, trip planning, and maintenance/repairs.
2. Introduce local trails: popular and scenic areas.
3. Increase the level of environmental awareness and promote responsible land use.

Course Information:

If you are a student with medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine eligibility of the student requesting special services and determine the appropriate accommodations related to the individual's disability.

Attendance:

Roll will be called 5min after the hour during each class period. To take full advantage of the class time, we will leave for rides immediately after roll call. If you are late we will not be waiting for you and you will be considered absent. **Don't miss class.**

Missed classes can be made up by riding on your own time. To make up a class, go for a two hour ride and take pictures of yourself through out the ride. When you are done, send me an email at lukas@redrockbicycle.com with the pictures, description of the ride and the date of class you are making up. Once I respond that I have received your email, you can consider the class made up for full points.

Ethics Project

The ethics project is an opportunity for you to give back to the mountain biking community by helping to maintain our riding areas or volunteering in a local cycling event. There will be several pre-approved activities throughout the semester for you to pick or you can propose your own. If you choose to do your own, you must submit your planned project to me via email at lukas@redrockbicycle.com. I will approve or suggest changes via email. Once the project has been approved you need to send me an email with pictures of you finishing the project. Once I have responded, you can consider the assignment done.

All projects must be cycling oriented and need to take you at least an hour to complete.

Exams:

There will be 1 lecture exam and 1 practical exam.

Grading:

Final Test	50 points	50 points
Ethics Project	50 points	50 points
Attendance	600 points	600 points
Practical Exam	100 points	100 points
Total		800 points

(* These totals are subject to change)

FCS/PEHR Grading Scale:

A	95 - 100%	A-	91 - 94%	B+	88-90%
B	84 - 97%	B-	81 - 83%	C+	78-80%
C	74 - 77%	C-	71 - 73%	D+	68-70%
D	64 - 67%	D-	61 - 63%		
F	60% or lower				

Department Objectives:

All PEHR courses have the following objectives:

- Enhance development of physical, mental, social, and emotional well-being through physical education;
- Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;
- Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- Demonstrate and understanding of physiology that promotes safety in physical exercise;
- Develop a fitness plan pertinent to the physical activity of the course, as applicable

** In compliance with Dixie State College policy, **only students registered for the course may participate**. Please do not ask to bring an unregistered friend or spouse on any of the class activities. No exceptions will be made. Firearms, fireworks, pets, electronic devices (e.g., radios, CD players) are also prohibited.

Required Equipment

- Mountain bike
- Helmet
- Water bottle/Hydration Pack
- Patch kit, tire iron, tube

Optional Equipment

- Gloves
- Sunglasses
- Cycling shorts
- Bike tool kit, multi tool

February

- 19 Introduction & Equipment
- 26 Bear Claw Poppy (Evaluation of Skill Level)

March

- 5 Prospector to Church Rocks
- 19 Barrel Roll
- 26 Prospector to Red Cliffs

April

- 2 Stucki Springs
- 9 Church Rocks
- 16 Sidewinder
- 23 Paradise Canyon
- 30 **FINAL EXAM (comprehensive)**

May

- 4 Optional Ride (Gooseberry Mesa)

Student Support Services

Drop in tutoring is a service provided all registered Dixie State College students and is available for all subjects. Students can take advantage by accessing: <http://dsc.edu/tutoring/index.htm>

The Writing Center in the Browning Learning Center, Room 105
Online Writing Lab at <http://dsc.dixie.edu/owl>

Help from a librarian:

<http://library.dixie.edu/> or visit the Val A. Browning Library in person during regular hours.

The Testing Center's hours of operation are posted online at
<http://dsc.dixie.edu/testingcenter/officehours.htm>

Proper documentation of a disability is required in order to receive services or accommodation. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their professor from the Disability Resource Center on within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. We are located in the Student Services Center Room #201, or you may call for an appointment and further information regarding the Americans with Disabilities Act (ADA) at 652-7516.

"If you are a student with a medical, psychological or a learning difference and requesting reasonable academic accommodations due to this disability, you must provide an official request of accommodation to your Professor(s) from the Disability Resource Center within the first two weeks of the beginning of classes. Students are to contact the Center on the main campus to follow through with, and receive assistance in the documentation process to determine the appropriate accommodations related to their disability. You may call (435) 652-7516 for an appointment and further information regarding the Americans with Disabilities Act (ADA) of 1990 per Section 504 of the Rehabilitation Act of 1973."

Rebemail:

Important class and college information will be sent to your Rebemail email account. This information includes you DSC bill, financial aid/scholarship notices, notification of dropped classes, reminders of important dates and events, and other information critical to your success in

this class and at DSC. All DSC students are automatically assigned a Rebelmail email account. If you don't know your name and password, go to www.dixie.edu and select "Rebelmail" for complete instructions. You will be held responsible for information sent to your Rebelmail email, so please check it often.

Academic Integrity:

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. **Don't Cheat!**

COLLEGE WITHDRAWAL POLICY if you must withdraw from this class, for any reason, it is **your responsibility** to do this officially by completing paperwork at the registrar's office. This must be done before the drop deadline of (Oct. 18th) for complete withdrawal. If you fail to do this, you will still receive a grade in this class, **regardless of whether you attended or not.**