

Syllabus for  
**HPE 096—Intermediate/Advanced Mountain Biking and Fitness**  
1 Credit Hour  
Spring 2015

I. COURSE DESCRIPTION

Designed for the student who has the ability to ride a mountain training bike (MTB) at an intermediate to advanced level. The course places a major emphasis on the learning of proper MTB techniques, terminology, single tracking regulations, and maintenance necessary for participation in off-road MTB.

Prerequisites: HPE 001 and HPE 002 or GHPE 503/703; Beginning Mountain Biking with a grade of B or higher.

II. COURSE GOALS

The purpose of this course is to enable the student do the following:

- A. Develop the skills and knowledge necessary for safe and enjoyable mountain biking.
- B. Push his or her cardiovascular system like it has never been pushed before.
- C. Develop an appreciation of the social, economic, and entertainment aspects of mountain biking in American life.
- D. Understand and appreciate how mountain biking fits into the ORU aerobics program.
- E. Understand how mountain biking can contribute to the development of the whole person.

III. STUDENT LEARNING OUTCOMES FOR THIS COURSE

As a result of successfully completing this course, the student will be able to do the following:

- A. Have the ability to ride a bicycle for 45 minutes without stopping.
- B. Demonstrate the correct riding technique, how to change gears, and how to work the brakes.
- C. Increase his or her ability in the areas of confidence and bike handling.
- D. Successfully complete the required Field Test.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
  - 1. Textbooks  
None
  - 2. Other  
ORU Aerobic Activity Log

B. Optional Materials

1. Textbooks  
None
2. Other  
None

V. POLICIES AND PROCEDURES

A. University Policies and Procedures

1. Attendance at each class or laboratory is mandatory at Oral Roberts University. Excessive absences can reduce a student's grade or deny credit for the course.
2. Students taking a late exam because of an unauthorized absence are charged a late exam fee.
3. Students and faculty at Oral Roberts University must adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, electronic, video, multimedia, or computer software. Plagiarism and other forms of cheating involve both lying and stealing and are violations of ORU's Honor Code: "I will not cheat or plagiarize; I will do my own academic work and will not inappropriately collaborate with other students on assignments." Plagiarism is usually defined as copying someone else's ideas, words, or sentence structure and submitting them as one's own. Other forms of academic dishonesty include (but are not limited to) the following:
  - a. Submitting another's work as one's own or colluding with someone else and submitting that work as though it were his or hers;
  - b. Failing to meet group assignment or project requirements while claiming to have done so;
  - c. Failing to cite sources used in a paper;
  - d. Creating results for experiments, observations, interviews, or projects that were not done;
  - e. Receiving or giving unauthorized help on assignments.By submitting an assignment in any form, the student gives permission for the assignment to be checked for plagiarism, either by submitting the work for electronic verification or by other means. Penalties for any of the above infractions may result in disciplinary action including failing the assignment or failing the course or expulsion from the University, as determined by department and University guidelines.
4. Final exams cannot be given before their scheduled times. Students need to check the final exam schedule before planning return flights or other events at the end of the semester.
5. Students are to be in compliance with University, school, and departmental policies regarding the Whole Person Assessment requirements. Students should consult the Whole Person Assessment handbooks for requirements regarding general education and the students' majors.
  - a. The penalty for not submitting electronically or for incorrectly submitting an artifact is a zero for that assignment.
  - b. By submitting an assignment, the student gives permission for the assignment to be assessed electronically.

- B. Department Policies and Procedures
1. Field Test Policy
    - a. Must be taken every semester in each enrolled activities class.
    - b. Must be administered by the student's activities class instructor during the scheduled class time.
    - c. Automatic failure for cheating on Field Test or assisting another to cheat.
  2. Class Attire
    - a. To avoid injuries, any student enrolled in this class must wear appropriate athletic/biking-type clothing, including socks, athletic shoes, and cycling helmet (all in proper condition).
    - b. Any student not in proper class attire will not be allowed to participate and will be counted as absent.
  3. This course may only be taken twice for credit. If taken more than twice, this course will not count toward ORU/HPE activity requirements for graduation.
  4. Class Attendance
    - a. Course riding date/times handout will be given during first class meeting.
    - b. Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences	Letter Grade Reduced From Final Grade
1-2	0
3	1
4	2
5	3
6	Fail the Course

- b. Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the university.

C. Course Policies and Procedures

1. Evaluation Procedures
  - a. Grading:
 

(1) Health fitness	
(a) Aerobic points and summary	5%
(b) Field Test	40%
(c) Body Mass Index (BMI)	5%
(2) Class participation/trips	<u>50%</u>
	Total 100%
  - b. Grading scale:
    - A=90%
    - B=80%
    - C=70%
    - D=60%
    - F=59% and below

- c. Class participation is evaluated subjectively by the instructor. Some factors in this evaluation are as follows:
  - (1) Does the student put forth an effort to learn the activity?
  - (2) Does the student attend class regularly?
  - (3) Is the student's attitude acceptable?
- 2. Whole Person Assessment Requirements
  - None
- 3. Other Policies and/or Procedures
  - a. Aerobic points (average weekly amount for 13 weeks):

<b>Level of Fitness</b>	<b>Points Toward Grade</b>	<b>Weekly Aerobic Points</b>
Excellent	5	50+
Good	4	40-49
Average	3	30-39
Fair	2	20-29
Poor	1	10-19

b. Health fitness standards:

**2-MILE RUN, 5-MILE CYCLE, AND 800-METER SWIM FIELD TEST STANDARDS**

Level of CR Fitness	Points	Under 25		25-34		35-44		45-54		55 & Over	
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	40	<13:00	<15:00	<14:00	<16:00	<15:00	<17:00	<16:00	<18:00	<17:00	<19:00
Excellent	39	13:00	15:00	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00
	38	13:15	15:15	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15
	37	13:30	15:30	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30
	36	13:45	15:45	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45
	35	14:00	16:00	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00
Good	34	14:15	16:15	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15
	33	14:30	16:30	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30
	32	14:45	16:45	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45
	31	15:00	17:00	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00
	30	15:15	17:15	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15
	29	15:30	17:30	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30
	28	15:45	17:45	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45
	27	16:00	18:00	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00
Fair	26	16:15	18:15	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15
	25	16:30	18:30	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30
	24	16:45	18:45	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45
	23	17:00	19:00	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00
	22	17:15	19:15	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15
	21	17:30	19:30	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30
	20	17:45	19:45	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45
	19	18:00	20:00	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00
Poor	18	18:15	20:15	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15
	17	18:30	20:30	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30
	16	18:45	20:45	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45
	15	19:00	21:00	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00
	14	19:15	21:15	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15
	13	19:30	21:30	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30
	12	19:45	21:45	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45
	11	20:00	22:00	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00
Very Poor	10	20:15	22:15	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15
	9	20:30	22:30	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30
	8	20:45	22:45	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45
	7	21:00	23:00	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00
	6	21:15	23:15	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15
	5	21:30	23:30	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30
	4	21:45	23:45	22:45	24:45	23:45	25:45	24:45	26:45	25:45	27:45
	3	22:00	24:00	23:00	25:00	24:00	26:00	25:00	27:00	26:00	28:00
	2	22:15	24:15	23:15	25:15	24:15	26:15	25:15	27:15	26:15	28:15
	1	22:30	24:30	23:30	25:30	24:30	26:30	25:30	27:30	26:30	28:30
0	>23:30	>24:30	>23:30	>25:30	>24:30	>26:30	>25:30	>27:30	>26:30	>28:30	

**2-MILE WALKING FIELD TEST STANDARDS**

Level of CR Fitness	Points	Under 25		25-34		35-44		45-54		55 & Over	
		Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Superior	40	<22:00	<23:00	<23:00	<24:00	<24:00	<25:00	<25:30	<26:30	<27:00	<28:00
Excellent	39	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	38	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	37	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	36	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	35	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
Good	34	23:25	24:15	24:15	25:15	25:15	26:15	26:45	27:45	28:15	29:15
	33	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	32	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	31	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	30	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	29	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	28	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	27	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
Fair	26	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	25	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	24	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
	23	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	22	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
	21	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	20	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
Poor	19	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	18	27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
	17	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
	16	27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
	15	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	14	28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
	13	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	12	28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
	11	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
Very Poor	10	29:15	30:15	30:15	31:15	31:15	32:15	32:45	33:45	34:15	35:15
	9	29:30	30:30	30:30	31:30	31:30	32:30	33:00	34:00	34:30	35:30
	8	29:45	30:45	30:45	31:45	31:45	32:45	33:15	34:15	34:45	35:45
	7	30:00	31:00	31:00	32:00	32:00	33:00	33:30	34:30	35:00	36:00
	6	30:15	31:15	31:15	32:15	32:15	33:15	33:45	34:45	35:15	36:15
	5	30:30	31:30	31:30	32:30	32:30	33:30	34:00	35:00	35:30	36:30
	4	30:45	31:45	31:45	32:45	32:45	33:45	34:15	35:15	35:45	36:45
	3	31:00	32:00	32:00	33:00	33:00	34:00	34:30	35:30	36:00	37:00
	2	31:15	32:15	32:15	33:15	33:15	34:15	34:45	36:45	36:15	37:15
	1	31:30	32:30	32:30	33:30	33:30	34:30	35:00	36:00	36:30	37:30
0	>31:30	>32:30	>32:30	>33:30	>33:30	>34:30	>35:00	>36:00	>36:30	>37:30	

## VI. COURSE CALENDAR

### **Week    Topic**

- 1        Go over class syllabus.  
Each student will need to secure a mountain bike to ride for the rest of the semester and a cycling helmet. The student needs to have all major repairs made on the bicycle before the second class. A bike safety inspection is required and will be completed by the instructor before riding on the first trip.

It is the student's responsibility to secure a bike and have it in proper working order **before** leaving on the first trip. If this is not done, the student will not be allowed to participate and will be counted absent.

**2-mile running/speed walking Field Test (date to be announced) at least one week prior to timed testing. Class to meet outside at designated FT site (weather permitting).**

- 2-12    Various rides or participate in the weekend Womble Trip in Arkansas.  
For the various rides, the students divide themselves into two groups of similar riding ability.
- 13       Knowledge quiz over MTB safety, bike handling, and mechanical techniques  
Body Mass Index (BMI) testing. Students must turn in aerobic points and summary sheet directly to instructor during this class.  
Late aerobic points/summary sheet are **NOT** accepted after this week.
- 14       Students are required to with instructor, in their office at aerobic center, to discuss final grade information and sign off of the Grade Agreement form.

**Course Inventory for ORU's Student Learning Outcomes**  
**HPE 096—Intermediate/Advanced Mountain Biking and Fitness**  
**Spring 2015**

This course contributes to the ORU student learning outcomes as indicated below:

**Significant Contribution** – Addresses the outcome directly and includes targeted assessment.

**Moderate Contribution** – Addresses the outcome directly or indirectly and includes some assessment.

**Minimal Contribution** – Addresses the outcome indirectly and includes little or no assessment.

**No Contribution** – Does not address the outcome.

The Student Learning Glossary at <http://ir.oru.edu/doc/glossary.pdf> defines each outcome and each of the proficiencies/capacities.

	<b>OUTCOMES &amp; Proficiencies/Capacities</b>	<b>Significant Contribution</b>	<b>Moderate Contribution</b>	<b>Minimal Contribution</b>	<b>No Contribution</b>
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<b>1</b>	<b>Outcome #1—Spiritually Alive Proficiencies/Capacities</b>				
1A	Biblical knowledge				<b>X</b>
1B	Sensitivity to the Holy Spirit				<b>X</b>
1C	Evangelistic capability			<b>X</b>	
1D	Ethical behavior			<b>X</b>	

<b>2</b>	<b>Outcome #2—Intellectually Alert Proficiencies/Capacities</b>				
2A	Critical thinking			<b>X</b>	
2B	Information literacy			<b>X</b>	
2C	Global & historical perspectives				<b>X</b>
2D	Aesthetic appreciation			<b>X</b>	
2E	Intellectual creativity			<b>X</b>	

<b>3</b>	<b>Outcome #3—Physically Disciplined Proficiencies/Capacities</b>				
3A	Healthy lifestyle	<b>X</b>			
3B	Physically disciplined lifestyle	<b>X</b>			

<b>4</b>	<b>Outcome #4—Socially Adept Proficiencies/Capacities</b>				
4A	Communication skills			<b>X</b>	
4B	Interpersonal skills			<b>X</b>	
4C	Appreciation of cultural & linguistic differences			<b>X</b>	
4D	Responsible citizenship			<b>X</b>	
4E	Leadership capacity			<b>X</b>	