

Syllabus for  
**HPER 095 Beginning Mountain Biking**  
0.5 - 1 Credit hour  
Spring 2007

I. COURSE DESCRIPTION

Designed for the student who has the ability to ride a Mountain Training Bike (MTB), but has never ridden to any large extent and is limited in their knowledge of maintenance and MTB techniques. 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: HPER 001 and HPER 002; or GHPE 503.

II. COURSE GOALS

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

- A. Learn the skills and knowledge necessary for safe and enjoyable MTB.
- B. Learn how to select a bicycle and its proper fitting.
- C. Develop an appreciation of the social, economic, and entertainment aspects of MTB in American life.
- D. Understand and appreciate how MTB fits into the ORU aerobics program.
- E. Understand how MTB 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 30 minutes without stopping.
- B. Demonstrate the correct riding technique, how to change gears, and work the brakes.

IV. TEXTBOOKS AND OTHER LEARNING RESOURCES

- A. Required Materials
  - 1. Textbooks – none
  - 2. Other  
ORU Aerobic Activity Log book
- 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, video, multimedia, or computer software. 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.
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 ePortfolio requirements. Students should consult the ePortfolio handbooks for requirements regarding general education and the students' majors.
  - a. The penalty for not submitting electronically or for incorrectly submitting an ePortfolio 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 your activities class instructor during the scheduled class time.
  - c. Automatic failure for cheating on field test or assisting another to cheat.
2. HPER 095 course may only be taken twice for credit. Additional 095 classes may be taken but will not count toward HPER activity requirements for graduation.
3. Class Attendance  
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 Subtracted From Final Grade
1	0
2	1
3	2
4	3
5	Fail the Course

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. Health Fitness
 

(1.) Aerobic Points and Summary Sheet	5%
(2.) Field Test	40%
(3.) Body Mass Index (BMI required)	5%
  - b. Class Participation (6 scheduled rides)
 40% |
  - c. Exam on MTB components
 10% |

d. Grading for the courses is as follows:

A=90%

C=70%

B=80%

D=60%

Less than 60% = F/Failed Course

Students opting for 1.0 credit must participate in one extra ride. Failure to meet this requirement will result in the final lowering of one letter as a final grade.

2. ePortfolio Requirement: Post test for seniors only (field test and aerobic points, see 3B-2)

3. Other Course Policy and/or Procedures

a. Own or have access to a mountain bike in good condition and cycling helmet.

b. Health Fitness Standards

**FIELD TESTING STANDARDS FOR BEGINNING MOUNTAIN BIKING - 095**  
**2-MILE RUN, 5-MILE CYCLE, & 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
<b>Superior</b>	<b>40</b>	<b>&lt;13:00</b>	<b>&lt;15:00</b>	<b>&lt;14:00</b>	<b>&lt;16 :00</b>	<b>&lt;15:00</b>	<b>&lt;17:00</b>	<b>&lt;16:00</b>	<b>&lt;18:00</b>	<b>&lt;17:00</b>	<b>&lt;19:00</b>
<b>Excellent</b>	<b>39</b>	<b>13:00</b>	<b>15:00</b>	<b>14:00</b>	<b>16:00</b>	<b>15:00</b>	<b>17:00</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>
	<b>38</b>	<b>13:15</b>	<b>15:15</b>	<b>14:15</b>	<b>16:15</b>	<b>15:15</b>	<b>17:15</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>
	<b>37</b>	<b>13:30</b>	<b>15:30</b>	<b>14:30</b>	<b>16:30</b>	<b>15:30</b>	<b>17:30</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>
	<b>36</b>	<b>13:45</b>	<b>15:45</b>	<b>14:45</b>	<b>16:45</b>	<b>15:45</b>	<b>17:45</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>
	<b>35</b>	<b>14:00</b>	<b>16:00</b>	<b>15:00</b>	<b>17:00</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>
<b>Good</b>	<b>34</b>	<b>14:15</b>	<b>16:15</b>	<b>15:15</b>	<b>17:15</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>
	<b>33</b>	<b>14:30</b>	<b>16:30</b>	<b>15:30</b>	<b>17:30</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>
	<b>32</b>	<b>14:45</b>	<b>16:45</b>	<b>15:45</b>	<b>17:45</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>
	<b>31</b>	<b>15:00</b>	<b>17:00</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>
	<b>30</b>	<b>15:15</b>	<b>17:15</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>
	<b>29</b>	<b>15:30</b>	<b>17:30</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>
	<b>28</b>	<b>15:45</b>	<b>17:45</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>
	<b>27</b>	<b>16:00</b>	<b>18:00</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>
<b>Fair</b>	<b>26</b>	<b>16:15</b>	<b>18:15</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>
	<b>25</b>	<b>16:30</b>	<b>18:30</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>
	<b>24</b>	<b>16:45</b>	<b>18:45</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>
	<b>23</b>	<b>17:00</b>	<b>19:00</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>
	<b>22</b>	<b>17:15</b>	<b>19:15</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>
	<b>21</b>	<b>17:30</b>	<b>19:30</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>
	<b>20</b>	<b>17:45</b>	<b>19:45</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>
	<b>19</b>	<b>18:00</b>	<b>20:00</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>
<b>Poor</b>	<b>18</b>	<b>18:15</b>	<b>20:15</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>	<b>24:15</b>
	<b>17</b>	<b>18:30</b>	<b>20:30</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>
	<b>16</b>	<b>18:45</b>	<b>20:45</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>
	<b>15</b>	<b>19:00</b>	<b>21:00</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>
	<b>14</b>	<b>19:15</b>	<b>21:15</b>	<b>20:15</b>	<b>22:15</b>	<b>21:15</b>	<b>23:15</b>	<b>22:15</b>	<b>24:15</b>	<b>23:15</b>	<b>25:15</b>
	<b>13</b>	<b>19:30</b>	<b>21:30</b>	<b>20:30</b>	<b>22:30</b>	<b>21:30</b>	<b>23:30</b>	<b>22:30</b>	<b>24:30</b>	<b>23:30</b>	<b>25:30</b>
	<b>12</b>	<b>19:45</b>	<b>21:45</b>	<b>20:45</b>	<b>22:45</b>	<b>21:45</b>	<b>23:45</b>	<b>22:45</b>	<b>24:45</b>	<b>23:45</b>	<b>25:45</b>
	<b>11</b>	<b>20:00</b>	<b>22:00</b>	<b>21:00</b>	<b>23:00</b>	<b>22:00</b>	<b>24:00</b>	<b>23:00</b>	<b>25:00</b>	<b>24:00</b>	<b>26:00</b>
<b>Very Poor</b>	<b>0</b>	<b>&gt;20:00</b>	<b>&gt;22:00</b>	<b>&gt;21:00</b>	<b>&gt;23:00</b>	<b>&gt;22:00</b>	<b>&gt;24:00</b>	<b>&gt;23:00</b>	<b>&gt;25:00</b>	<b>&gt;24:00</b>	<b>&gt;26:00</b>

**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
<b>Superior</b>	<b>40</b>	<22:00 <23:00		<23:00 <24:00		<24:00 <25:00		<25:30 <26:30		<27:00 <28:00	
<b>Excellent</b>	<b>39</b>	22:00	23:00	23:00	24:00	24:00	25:00	25:30	26:30	27:00	28:00
	<b>38</b>	22:15	23:15	23:15	24:15	24:15	25:15	25:45	26:45	27:15	28:15
	<b>37</b>	22:30	23:30	23:30	24:30	24:30	25:30	26:00	27:00	27:30	28:30
	<b>36</b>	22:45	23:45	23:45	24:45	24:45	25:45	26:15	27:15	27:45	28:45
	<b>35</b>	23:00	24:00	24:00	25:00	25:00	26:00	26:30	27:30	28:00	29:00
<b>Good</b>	<b>34</b>	23:15	24:15	24:15	25:15	25:15	26:15	26:45	27:45	28:15	29:15
	<b>33</b>	23:30	24:30	24:30	25:30	25:30	26:30	27:00	28:00	28:30	29:30
	<b>32</b>	23:45	24:45	24:45	25:45	25:45	26:45	27:15	28:15	28:45	29:45
	<b>31</b>	24:00	25:00	25:00	26:00	26:00	27:00	27:30	28:30	29:00	30:00
	<b>30</b>	24:15	25:15	25:15	26:15	26:15	27:15	27:45	28:45	29:15	30:15
	<b>29</b>	24:30	25:30	25:30	26:30	26:30	27:30	28:00	29:00	29:30	30:30
	<b>28</b>	24:45	25:45	25:45	26:45	26:45	27:45	28:15	29:15	29:45	30:45
	<b>27</b>	25:00	26:00	26:00	27:00	27:00	28:00	28:30	29:30	30:00	31:00
<b>Fair</b>	<b>26</b>	25:15	26:15	26:15	27:15	27:15	28:15	28:45	29:45	30:15	31:15
	<b>25</b>	25:30	26:30	26:30	27:30	27:30	28:30	29:00	30:00	30:30	31:30
	<b>24</b>	25:45	26:45	26:45	27:45	27:45	28:45	29:15	30:15	30:45	31:45
	<b>23</b>	26:00	27:00	27:00	28:00	28:00	29:00	29:30	30:30	31:00	32:00
	<b>22</b>	26:15	27:15	27:15	28:15	28:15	29:15	29:45	30:45	31:15	32:15
	<b>21</b>	26:30	27:30	27:30	28:30	28:30	29:30	30:00	31:00	31:30	32:30
	<b>20</b>	26:45	27:45	27:45	28:45	28:45	29:45	30:15	31:15	31:45	32:45
<b>Poor</b>	<b>19</b>	27:00	28:00	28:00	29:00	29:00	30:00	30:30	31:30	32:00	33:00
	<b>18</b>	27:15	28:15	28:15	29:15	29:15	30:15	30:45	31:45	32:15	33:15
	<b>17</b>	27:30	28:30	28:30	29:30	29:30	30:30	31:00	32:00	32:30	33:30
	<b>16</b>	27:45	28:45	28:45	29:45	29:45	30:45	31:15	32:15	32:45	33:45
	<b>15</b>	28:00	29:00	29:00	30:00	30:00	31:00	31:30	32:30	33:00	34:00
	<b>14</b>	28:15	29:15	29:15	30:15	30:15	31:15	31:45	32:45	33:15	34:15
	<b>13</b>	28:30	29:30	29:30	30:30	30:30	31:30	32:00	33:00	33:30	34:30
	<b>12</b>	28:45	29:45	29:45	30:45	30:45	31:45	32:15	33:15	33:45	34:45
	<b>11</b>	29:00	30:00	30:00	31:00	31:00	32:00	32:30	33:30	34:00	35:00
<b>Very Poor</b>	<b>0</b>	>29:00 >30:00		>30:00 >31:00		>31:00 >32:00		>32:30 >33:30		>34:00 >35:00	

**AEROBIC POINTS**  
(Average Weekly Amount for 13 Weeks)

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

VI. COURSE CALENDAR

<b>Week</b>	<b>Topic/Content</b>
1	Each student needs to secure a mountain bike and a helmet for the rest of the semester. Note: A safety inspection is required <b>before</b> riding on the first trip.
2-13	Students will divide themselves into three groups of similar riding ability
14	Students must turn in aerobic points <u>and</u> summary sheet directly to instructor during this class. ePortfolio requirements completed (seniors only 3B-2) Late aerobic points and summary sheet <b>NOT</b> accepted
15	2-Mile Running/Walking <i>Field Test</i> and knowledge exam Body Mass Index (BMI ) testing, as required. Testing at aerobic center in HPER Department Lab



## Course Inventory for ORU's Student Learning Outcomes

### Beginning Mountain Biking—095 Spring 2007

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.

OUTCOMES & Proficiencies/Capacities		Significant Contribution	Moderate Contribution	Minimal Contribution	No Contribution
<b>1</b>	<b>Outcome #1 – Spiritually Alive</b> Proficiencies/Capacities				
1A	Biblical knowledge				X
1B	Sensitivity to the Holy Spirit				X
1C	Evangelistic capability			X	
1D	Ethical behavior			X	
<b>2</b>	<b>Outcome #2 – Intellectually Alert</b> Proficiencies/Capacities				
2A	Critical thinking			X	
2B	Information literacy			X	
2C	Global & historical perspectives				X
2D	Aesthetic appreciation			X	
2E	Intellectual creativity			X	
<b>3</b>	<b>Outcome #3 – Physically Disciplined</b> Proficiencies/Capacities				
3A	Healthy lifestyle	X			
3B	Physically disciplined lifestyle	X			
<b>4</b>	<b>Outcome #4 – Socially Adept</b> Proficiencies/Capacities				
4A	Communication skills			X	
4B	Interpersonal skills			X	
4C	Appreciation of cultural & linguistic differences			X	
4D	Responsible citizenship			X	
4E	Leadership capacity			X	