PEHR 1550
Mountain Biking
Syllabus
Fall 2006

Instructor: Wade Vest	Office: NIB 111
Phone: 313-3224	Email: vest@dixie.edu

Class Time: Tuesday 2:00-4:50 p.m.

Course Description
This course is designed as an introduction to the basics of mountain biking. Students will be introduced to the basic equipment, techniques, terminology, and safety of mountain biking. Students will be introduced to designated mountain biking trails in the St. George area.

Course Information
This is an activity course and students will be required to become physically active. 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.

Course Objectives
- Introduce students to the basic skills of mountain biking
- Create self-confidence within students
- Instruct basic safety procedures and protocols for mountain biking
- Learn basic bike repair and maintenance skills
- Explore beautiful mountain biking trails of St. George
- Demonstrate proper mountain biking etiquette

Course Requirements

Attendance: Roll will be called 5 minutes after the hour each time we meet. Every class missed will result in a half letter grade drop. Students with perfect attendance will be exempt from the written final exam

Skills Test: Each student will show their proficiency in the basic skills and techniques of mountain biking

Written Final: A comprehensive evaluation of all material covered during the semester

Class Participation: Participating in class and motivating classmates

Helpful Internet Page: www.utahmountainbiking.com This website talks about the basics of Mountain Biking as well as the technical aspects. There are sections about fixing a bike, first aid, trails in Utah, and much more.

Grading:

Attendance	**700 pts**
Skills Test	**100 pts**
Class Participation	**100 pts**
Total	**900 pts**

A = 90-100%
B= 80-89%
C= 70-79%
D = 60-69%
F = 59% or below

If you are a student with a medical, psychological, or learning disability and need accommodations, contact Sherri Dial at the Disability Resource Center (652-7516).