

PE 118 CYCLING

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Spring, 2000

Office Hours: MW 10:15-11, 1-2
TTH 9-9:30; 1:30-2:30
F 10:15-11

Course Objectives:

1. learn and practice basic on-the-road bike repair
2. learn and practice basic riding techniques
3. learn and practice safe individual and group riding principles

Class activities may include vigorous exercise. If there is any medical condition which would cause you undue risk or prevent your full participation in such activity, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, you should have your physician FAX (770/784-4677) a letter stating the nature of your limitation(s) and) recommendations for physical activities you can use to achieve the objectives of this course as listed above.

Text: Langley, Bicycling Magazine's Complete Guide to Bicycle Maintenance and Repair for ...

Class Participation: You are expected to contribute/participate fully in each class period. If you do not feel well enough to ride you should attend class and take notes on an article I will provide.

Grading:

Written work--All assignments are due at the beginning of class on the due date.

300 points Three Take-home, Open-book Tests

IT IS AN HONOR CODE VIOLATION TO CONSULT WITH ANYONE (DR. ENGLAND EXCEPTED) ABOUT YOUR ANSWERS FOR THESE QUESTIONS. However, you are encouraged to seek help from the Writing Center (or other qualified people) regarding grammar and mechanics, organization, and clarity of your work.

Practical work

600 points Riding and bike repair

1. 300 points—you lose 50 points every time you do not ride. You may also lose points for unsafe or inconsiderate riding
2. 100 points--bike repair demonstration
3. 100 points—riding skills test

Absences: If you miss more than 2 classes **FOR ANY REASON (including sickness, religious holidays, doctor/lawyer appointments)** fifty points per overcut will be deducted from your final grade.. THERE ARE NO MAKE-UPS FOR ANY CLASSES, WRITTEN OR SKILLS TESTS, PAPERS, OR HOMEWORK EXCEPT UNDER VERY UNUSUAL CIRCUMSTANCES. Students who experience unusual circumstances must speak with me in a timely manner (within the week) in order for exceptions to be made in this policy.

If you arrive after roll is called, you must see me **AT THE END OF THAT CLASS** to initiate a change in your recorded absence.

Extra credit points: Points may be added to your final grade for consistent outstanding demonstration of riding safety and concern for other riders and vehicles

Fifty points will be added to your final grade if you miss NO classes.

Grading Scale A=>899 points; B=800-899; C=700-799; D=600-699

THE OXFORD COLLEGE HONOR CODE APPLIES TO ALL WORK FOR THIS CLASS.

Oxford College of Emory University, Division of Physical Education and Health
CLASS POLICIES FOR CYCLING

I have access to a copy of the course outline and have read it. Further, the instructor has explained: 1) the course requirements, 2) the policies on attendance, and 3) the grading policies. I have had an opportunity to ask questions and understand the three areas listed above.

WARNING OF RISK FOR CYCLING

Every sport has certain inherent risks and regardless of the precautions taken, it is impossible to ensure the safety of the participant. Cycling is a physical activity requiring a certain degree of physical exertion and concentration. Cycling is a reasonably safe sport as long as certain guidelines are followed. Students having a physical condition that precludes such activity should see the instructor before participating.

Many injuries may occur while participating in cycling. Some examples of possible injuries are:

1. bruises and abrasions
2. muscle sprains and strains
3. joint injuries
4. broken bones
5. heat exhaustion and/or heat stroke; frostbite and hypothermia
6. eye injuries
7. cardiovascular incidents
8. head injuries

These and other injuries may occur as a result of such hazards as:

1. falling
2. environmental factors
3. dehydration
4. bike to bike collision
5. bike to car collision

To help reduce the likelihood of injury to yourself and other students, the following rules need to be followed while in class:

1. **NEVER RIDE WITHOUT A HELMET!**
2. **NEVER RIDE WITHOUT A HIGHLY VISIBLE, REFLECTIVE VEST!**
3. always follow the rules of the road--you are considered, by law, a driver.
4. ride **RIGHT**--with traffic and to the right side of your lane except when turning left
5. always look back, signal, and check for traffic before you make any turn, even a right-hand turn
6. when entering a roadway, look left, right, then left again
7. check your bike for its proper and safe function **EVERY TIME YOU RIDE**
8. **RIDE PREDICTABLY!**
9. wear clothing appropriate for cycling and weather conditions
10. **drink adequate water before, during, and after class**