

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY PED 127 – CYCLING (1 CR.)

Course Description

Introduces cycling techniques, equipment selection, care and maintenance, safety, and physical conditioning. Lecture 0.5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

This health-related physical activity course teaches the student the techniques needed to participate in a cardiorespiratory, muscle strength and muscle endurance activity. It also develops balance, coordination, and speed skills.

Course Prerequisites/Corequisites

All students must have a basic ability to read, write and speak English. The course requires the ability to participate in physical activities including walking, running, stretching, and lifting pushing or pulling weights. Modifications will be made for students who have a Memorandum of Accommodation (MOA) from Disabilities Services if the MOA indicates that an adapted physical program is required. The student can present the MOA at any time during the semester; but the adapted services are not effective until the MOA is provided to the instructor. For more information and eligibility, contact Disability Services at <http://www.nvcc.edu/current-students/disability-services/index.html>.

Course Objectives

Upon completing the course, the student will be able to:

- a) Describe the parts of a bicycle
- b) Explain cycling terminology
- c) Exhibit proper form for touring and racing
- d) Exhibit cycling safety practices
- e) Develop an individual training program to improve speed & endurance

Major Topics to be Included

- a) Bicycle parts
- b) Riding techniques for individual and group participation
- c) Clothing and equipment
- d) Basic bicycle maintenance and on the road repair
- e) Touring information