Instructor: Dr. Tommy Holden  
Office: 2002 Carmichael Gym  
Office phone: 515-6867  
Email: Tommy_Holden@ncsu.edu  
Office hours: M and W- 12:15-1:15, by appointment and by email  
Credit hours: One  
Course prerequisites: None  
Course meeting: https://wolfware.ncsu.edu/

Required Text: Course packet: HESO-277 Mountain Biking, (2014). The course pack is available at the NC State University bookstore (~$10) or available for free download at the course website.

Technical requirements: Students are required to use Moodle (https://wolfware.ncsu.edu) for viewing weekly assignments and videos. You will also be required to upload time-stamped photos of trails ridden on a weekly basis.

Course Description: Bike handling, minimal impact trail riding skills, safety, fitness, basic maintenance and repair, and equipment selection. Students must provide their own bike, helmet, protective equipment, and clothing. Students will be required to come to Lake Crabtree County Park for the initial orientation class and the physical skills exam.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Health and Exercise Studies  
Each course in the Health and Exercise Studies category of the General Education Program will provide instruction and guidance that help students to:  
1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and  
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and  
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and  
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes  
By the end of this course, students will be able to:  
1. understand and acquire the fitness requirements associated with the sport of mountain biking including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
2. execute basic maneuvers and skills associated with mountain biking to develop, maintain, and sustain an active and healthy lifestyle.
3. perform basic repair and maintenance on a mountain bike.
4. demonstrate and techniques associated with traveling safely on a mountain bike and in the backcountry.
5. identify and explain mountain biking terminology.
6. explain the use and care of mountain biking equipment and the importance of appropriate clothing.
7. identify the hazards and risks associated with the sport of mountain biking.
8. demonstrate and identify the minimal impact skills associated with travel on mountain bike trails and in the backcountry.

Grading:

- **Written Final Exam- 40%**
  Students will be expected to demonstrate their knowledge of the material in the course pack covered in class by completing a written final exam given on a specified date on Moodle.

- **Physical Skills Exam- 40%**
  Students will be expected to demonstrate their knowledge of skills taught in class by completing a timed mountain bike ride. The faster you complete the ride, the better your grade will be. The timed ride will be completed at Lake Crabtree County Park in Raleigh, NC at the end of the semester. Refer to the rubric on the Moodle site.

- **Workout Ride Log- 20%**
  Students will submit a mountain bike ride log each week by the specified deadline. The ride should take place on single track terrain (not a paved path). The log will include the following:
  1. A photo (self portrait) of yourself at the trailhead where you ride.
  2. The day, the weather and trail conditions.
  3. The length of the ride (both time and estimated mileage).
  4. How you felt during the ride.
  5. A detailed account of one mountain biking skill/technique you practiced during the outing from the course. Include a brief write-up of the skill and how you incorporated it into your ride. Include things that worked or didn’t work as you practiced the skill.

A maximum of 10 rides will be entered by the end of the class. Eighty percent (80%) of the weekly ride logs (8 of 10) must be submitted to receive credit for the class. Each ride is worth 10 points. Weekly ride log assignments will be accepted from 12:00 am EST Monday through the following Sunday at midnight (11:55 pm EST). Any assignment not turned in by midnight will not be accepted. If three or more ride logs are missed or incomplete, the student will not receive credit for the course. Upload a Word document or PDF. No late submissions or emailed logs will be accepted.

Attendance

Attendance is mandatory for the physical skills testing. There will be two help sessions available for students to meet with the instructor. Attendance is mandatory for the first help session, but the second help session is optional. In order to receive credit for this course, 80% of weekly ride logs must be completed. If three or more ride logs are missed or incomplete, the student will not receive credit for the course.

Late Assignments- Weekly ride log assignments will be accepted from 12:00 am EST Monday through the following Sunday at midnight (11:55 pm EST). Any assignment not turned in by midnight will not be accepted.

Communicating technical problems

If you experience technical problems with this website or Moodle, please contact the Help Desk at 919-513-7094, email the help desk, or visit the Help Desk website at learntech@ncsu.edu.

Common mistakes made by online students in this class

1. Not logging on to the Moodle course website every day to check email and/or announcements.
2. Not meeting the requirements of each ride log entry.
3. Not watching the video lectures.
4. Waiting until the day before an assignment is due to ask questions about the assignment.
5. Not submitting assignments on or before the due date.
6. Waiting to scan or email an assignment “at the last minute” and having difficulties.
7. Expecting to be permitted to ‘redo’ or submit workout log entries AFTER the due date.
8. Not keeping a hard copy of this syllabus to be able to reference class information when the network is down or you are away from your computer.

**How to use the class Moodle site**

1. Log in at [http://wolfware.ncsu.edu](http://wolfware.ncsu.edu) and select this course to find the course home page.
2. Go to ‘HESO 277 Mountain Biking Syllabus’ to retrieve this syllabus found at the top of the page.
3. Go to ‘HESO 277 Mountain Biking Video’ to retrieve the video found at the top of the page.
4. Go to ‘HESO 277 Mountain Biking Course Pack’ to retrieve the course pack found at the top of the page.

**Communicating with your instructor**

For all questions regarding the class you may email me at Tommy_holden@ncsu.edu. Please make sure you identify your class and your full name so I know whom I am communicating with. If there are urgent announcements regarding the class, then I will post announcements on Moodle as well as email using the class distribution list, which will send email to your Unity email address. If your Unity email is set to forward to another email account, please verify that it is forwarding to an email address you check on a daily basis.

**Electronic Hosted Course Components:** Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

**Grading Scale**

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

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<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A+</td>
<td>97 - 100</td>
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<tr>
<td>A</td>
<td>93 – 96.99</td>
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<tr>
<td>A-</td>
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<td>83 – 86.99</td>
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<tr>
<td>B-</td>
<td>80 – 82.99</td>
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<tr>
<td>C+</td>
<td>77 – 79.99</td>
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<tr>
<td>C</td>
<td>73 – 76.99</td>
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<tr>
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<td>F</td>
<td>0 – 59.99</td>
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For Outdoor Leadership Minor students: You must take the class for a letter grade and must receive a "C-" or better if you are enrolled in the Outdoor Leadership Minor.

**Requirements for Credit Only:** In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to: [http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php)

**Note:** The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

**Requirements for Auditors:** Audit students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade. [http://policies.ncsu.edu/regulation/reg-02-20-04](http://policies.ncsu.edu/regulation/reg-02-20-04)

**Online class evaluations** will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.
Incomplete Grades: http://policies.ncsu.edu/regulation/reg-02-50-03
Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Equipment: Students must provide their own bike, helmet, first aid kit (ouch pouch), water bottle (hydration system), small repair kit (patch kit and spare tube) and clothing.

Dress: Students are expected to wear appropriate attire when mountain biking. Biking clothes such as padded shorts, synthetic top, and gloves are best. Plan on being active and definitely getting dirty!

General Information:
1. Academic Integrity: For all written assignments, students will be expected to adhere to the University Honor Code: “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: http://policies.ncsu.edu/policy/pol-11-35-01
2. Students with Disabilities: Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with Disability Services for Students at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the http://policies.ncsu.edu/regulation/reg-02-20-01
3. Non-Discrimination Statement: NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on race, color, religion, creed, sex, national origin, age, disability, veteran status, or sexual orientation also is a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at http://policies.ncsu.edu/policy/pol-04-25-05 or http://www.ncsu.edu/equal_op/. Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 919-515-3148.
4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. All HES clothing (shorts, t-shirts, and towels) is to be returned by the last day of exams. Students will be charged for clothing not returned. All personal items left in the locker will be disposed of.
6. If you use prescription drugs of any kind please let the instructor know.
7. HESO 277 Mountain Biking may expose you to many risks. Some of the risks which may be present or occur include but are not limited to:
   • riding a bicycle on and crossing unpaved and paved roadways where motor vehicles are operating;
   • the hazards of riding a bicycle in rough or rugged terrain;
   • exposure to collision of bicycles and automobiles operated by others;
• exposure to man-made and natural hazards present in the environment;
• carrying, lifting, or loading a bicycle into a trailer or onto a roof rack;
• walking or riding a bicycle on rugged terrain, including soft, muddy, slick, rocky, or vegetated;
• injuries inflicted by animals, insects, reptiles, and plants;
• the force of nature included but not limited to lightning, wind, waves, weather changes, hyperthermia, hypothermia, and sunburn;
• the physical exertion associated with the outdoor activity;
• using bicycles, repair tools, stoves, tents, and other camping equipment;
• traveling in vehicles driven by others.

Distance Education Class Schedule

Note: The most current schedule for the class can be found on the Moodle site. The following topics will be covered by the video and the course pack. You may view them at your own pace but will be responsible for the material as it will be on the written final exam. The general topics include bike fit, parts of the bike, spinning and shifting correctly, riding comfortably, rules of the trail and stretching, braking, creek crossings, balance and single track, going over obstacles, jumps and bumps, turns, leans, cornering, uphills and spinning on single track, downhills and drops, flat tire fix, wheel change, patching tubes, and brake, derailleur and shifter adjustments.