



Department of Exercise Science, Health Promotion, and Recreation
Professional Short Course

EXHP 591 **Implementation of Bicycling in Schools**

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Credit Hours: 3

Dates of Course: Spring Session 2018

I. Course Description:

This course is designed for professionals in the field of education that want to begin or enhance a bicycling program within their school. The course covers equipment selection, grants, basic through advanced riding skills on various terrains. Emphasis is on teaching safe and effectively to enhance the health and fitness of youth.

II. Learning Objectives and Outcomes:

At the end of this course students will have knowledge, understanding and experience of:

- How to acquiring and maintain bikes
- Fitting bikes
- Teaching bicycling safety to youth
- How bicycling can enhance health and fitness
- Skills for road and trail riding

III. Course Textbook:

Not Required- Numerous web sources will be used.

IV. Course Requirements and Assignments

1. Self Evaluation and Final Evaluation- Your Goals

- a. The student will state a minimum of 5 learning goals and/or performance objectives for the course.
- b. The student will explain how he or she will evaluate his or her performance in reaching the five goals and/or objectives.
Both a & b are to be typed and one copy will be submitted to the instructor by the end of the second week of class, another copy will be placed in the student's portfolio.
- c. Your final typed self-evaluation of your accomplishments to meet your set forth goals and objectives that will be submitted to the instructor during the final class meeting, a second copy will be placed in your portfolio.

3. Journal Entries

- a. Each student will develop and implement a project related to leadership in his/her school.
- b. Reflective journals about learning experiences in class, during project, from readings etc...

c. Journals need to answer the following questions – expansion is expected. Personal journals will be a collection of your reflective thoughts. Not a log of what happened. Your journals should answer the following questions:

- 1) Describe in detail a significant situation you were in or are in presently (or an event that occurred).
- 2) Describe your reaction and the reaction of others to the situation.
- 3) Analyze your reaction to the situation.
- 4) What can you learn from your analysis (implications)?

4. Lesson Assignments

- a. Students will complete short assignment for each lesson.
- b. Assignments will be turned in at the following meeting.

5. Cumulative Project/Final Exam

Students will create and instruct a bike unit. Students will be evaluated on lessons, assignments, attendance and participation as well as pre/post testing methods.

Format of the Course

		Contact hours for each lesson
Lesson 1	History/Equipment- Getting Ready to Ride (100 points)	7 hours
Lesson 2	Bicycle Handling Basics Riding for Fitness and Health (100 points)	7 hours
Lesson 3	Emergency Bicycle Handling Skills and Bicycle Maintenance (100 points)	7 hours
Lesson 4	Advanced Bicycle Handling Skills (100 points)	7 hours
Lesson 5	Application of Rules of the Road for Bicycling (100 points)	7 hours
Cumulative Project	Unit Plan/project (300 points)	10 hours
	800 points	45 hours

V. **Course Assignments and Grades:**

Lessons 1-5 (100 points each)	500 pts	50%
Final Project	300 pts	30%
Self-Evaluation and Goals	50 pts	5%
Lesson Assignments	100 pts	10%
Journal Entries	<u>50 pts</u>	<u>5%</u>
	1000	100%

A= 100-90%, B=89-80%, C= 79-70%, D=69-60% and F= less than 60%

The Department of EXHPR has the following learning goals: Information Retrieval, Conceptual Understanding, Development of Relevant Skills, Information Analysis and Synthesis, and Critical Thinking and Problem Solving

Academic Honesty*

When cheating is discovered, the faculty member are required to give the student an F on the work involved or in the course. If further disciplinary action is deemed appropriate, the student will be reported to the department chair and/or the Director of Student Conduct. In addition to being a violation of academic honesty, cheating violates the Code of Student Conduct and is likely to be grounds for probation, suspension or expulsion. Academic consequences are governed by the Academic Appeals process and are outlined in the University Catalog.

Plagiarism*

Plagiarism is scholarly theft, and it is defined as the unacknowledged use of secondary sources. More specifically, any written or oral presentation in which the writer or speaker does not distinguish clearly between original and borrowed material constitutes plagiarism.

Because students, as scholars, must make frequent use of the concepts and facts developed by other scholars, plagiarism is not the mere use of another's facts and ideas. However, it is plagiarism when students present the work of other scholars as if it were their own work.

Examples of plagiarism include, but are not limited to:

1. reproducing another author's writing as if it were one's own
2. paraphrasing another author's work without citing the original work
3. borrowing from another author's ideas, even though those ideas are reworded, without giving credit
4. copying another author's organization without giving credit

Plagiarism is a serious offense. An act of plagiarism may lead to a failing grade on the assignment and in the course, as well as sanctions that may be imposed by the student judicial system.

**Taken from the CSU-Pueblo "Code of Student Conduct & Adjudication"*

The US Department of Education has codified the Carnegie Unit; the traditional guideline that students should expect to spend two hours out-of-class for every hour they spend in class, into new regulations that have the force of law for any institution who wishes their students to be eligible for federal financial aid. The definition does not allow for any variation other than increases from their stated minimum.

Accommodations:

This University abides by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, which stipulates that no student shall be denied the benefits of an education "solely by reason of a handicap." If you have a documented disability that may impact your work in this class and for which you may require accommodations, please see the Disability Resource Coordinator as soon as possible to arrange accommodations. In order to receive accommodations, you must be registered with and provide documentation of your disability to: the Disability Resource Office, which is located in the Library and Academic Resources Center, Suite 169.

Inclusive Institution Statement: Colorado State University – Pueblo is an inclusive institution. The Department of Exercise Science, Health Promotion and Recreation promotes civility and interpersonal respect and has zero tolerance for racism, discrimination, and/or harassment of any kind. Please see the student code of conduct for further information on what behaviors will not be tolerated.