

Mountain Bike Skills Level 1 – ATBO 171

Adventure Tourism Business Operations Program

Course Outline

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|-----------------------------|----------------|
| COURSE IMPLEMENTATION DATE: | May 2017 |
| OUTLINE EFFECTIVE DATE: | January 2022 |
| COURSE OUTLINE REVIEW DATE: | September 2027 |

GENERAL COURSE DESCRIPTION:

In this course, students will begin by learning about the sport of mountain biking. Students will be taught basic and intermediate riding skills, through a structured lesson plan. This course will also give an overview of different bike types and components, and how to set up and maintain these bikes with simple repairs on the trail

This course is designed to introduce students to the professional standards, leadership and teaching philosophies, riding competencies, and curriculum of the Professional Mountain Bike Instructor Association (PMBIA).

Program Information: This course is an elective course of The Adventure Tourism Business Operations Diploma program.

Delivery: This course is delivered face-to-face.

COTR Credits: 2

Hours for this course: 40 hours

Typical Structure of Instructional Hours:

| Instructional Activity | Duration |
|------------------------------|----------|
| Lecture Hours | |
| Seminars / Tutorials | |
| Laboratory / Studio Hours | |
| Practicum / Field Experience | 40 |
| Other Contact Hours | |
| Total | 40 |

Practicum Hours (if applicable):

| Type of Practicum | Duration |
|------------------------|----------|
| On-the-Job Experience | N/A |
| Formal Work Experience | N/A |
| Other | N/A |
| Total | |

Course Outline Author or Contact:

Dave Wan, BSci, MAOE

Signature

APPROVAL SIGNATURES:

Department Head
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Darrell Bethune
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Department Head Signature

Dean Signature

EDCO

Valid from: January 2022-September 2027

Education Council Approval Date

COURSE PREREQUISITES AND TRANSFER CREDIT:

Prerequisites: None.

Corequisites: None.

Flexible Assessment (FA):

Credit can be awarded for this course through FA Yes No

Learners may request formal recognition for flexible assessment at the College of the Rockies through one or more of the following processes: External Evaluation, Worksite Assessment, Demonstration, Standardized Test, Self-assessment, Interview, Products/Portfolio, Challenge Exam. Contact an Education Advisor for more information.

Transfer Credit: For transfer information within British Columbia, Alberta and other institutions, please visit <http://www.cotr.bc.ca/Transfer>.

Student should also contact an academic advisor at the institution where they want transfer credit.

Prior Course Number: N/A

Textbooks and Required Resources:

Textbook selection varies by instructor and may change from year to year. At the Course Outline Effective Date the following textbooks were in use:

No textbook required.

Please see the instructor's syllabus or check COTR's online text calculator <http://go.cotr.bc.ca/tuition/tCalc.asp> for a complete list of the currently required textbooks.

LEARNING OUTCOMES:

Upon the successful completion of this course, students will be able to:

- Demonstrate intermediate riding skills for cross country and single-track trails;
 - Perform bike set up, maintenance, and basic trail-side mechanics;
 - Apply class management techniques to teach bike safety rules;
 - Assess client riding skills, and match clients to appropriate terrain; and
 - Safely and competently lead clients on guided rides.
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COURSE TOPICS:

Movement Skills

- PMBI six skills pyramid of riding competencies
- Position and Balance
- Operation of controls
- Terrain awareness
- Direction control

Technical and Safety Skills

- Mountain Bike responsibility Code
- Risk management workshop
- Basic bike mechanics workshop
- Logistics and planning

Leadership Skills

- Knowledge, credibility, confidence, and professionalism
- Clear and confident communication

See instructor syllabus for the detailed outline of weekly readings, activities and assignments.

EVALUATION AND ASSESSMENT (Face-to-Face Delivery):

| Competency Based Skills Evaluation | % of Total Grade |
|------------------------------------|------------------|
| Movement Skills | 40% |
| Technical and Safety Skills | 30% |
| Leadership Skills | <u>30%</u> |
| Total: | 100% |

Please see the instructor syllabus for specific classroom policies related to this course, such as details of evaluation, penalties for late assignments and use of electronic aids.

EXAM POLICY:

Students must attend all required scheduled exams that make up a final grade at the appointed time and place.

Individual instructors may accommodate for illness or personal crisis. Additional accommodation will not be made unless a written request is sent to and approved by the appropriate Department Head prior to the scheduled exam.

Any student who misses a scheduled exam without approval will be given a grade of "0" for the exam.

COURSE GRADE:

Course grades are assigned as follows:

| Grade | A+ | A | A- | B+ | B | B- | C+ | C | C- | D | F |
|-------------------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Mark (Percent) | ≥ 9 | 94-90 | 89-85 | 84-80 | 79-75 | 74-70 | 69-65 | 64-60 | 59-55 | 54-50 | < 50 |

A grade of "D" grants credit, but may not be sufficient as a prerequisite for sequential courses.

ACADEMIC POLICIES:

See www.cotr.bc.ca/policies for general college policies related to course activities, including grade appeals, cheating and plagiarism.

COURSE CHANGES:

Information contained in course outlines is correct at the time of publication. Content of the courses is revised on an ongoing basis to ensure relevance to changing educational, employment and marketing needs. The instructor endeavours to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.