

UNIVERSITY COLLEGE OF THE FRASER VALLEY

COURSE INFORMATION

DISCIPLINE/DEPARTMENT: Kinesiology & Physical Education IMPLEMENTATION DATE: Fall 1998

Revised: \_\_\_\_\_

<u>KPE 131</u>	<u>Land-Based Recreation</u>	<u>3</u>
<b>SUBJECT/NUMBER OF COURSE</b>	<b>DESCRIPTIVE TITLE</b>	<b>UCFV CREDITS</b>

**CALENDAR DESCRIPTION:** This course will move in a progression through all the skills necessary to travel safely by means of mountain bike. Interpersonal skills as well as bike handling skills will be developed in a sequential manner. Upon completion of this course, students will be well versed in travelling independently and safely in a variety of terrain features. Preparation will include: development of planning skills for leading a group, selecting appropriate equipment and making necessary adjustments for an individual rider, learn skills to maintain and repair a bike, as well as make necessary repairs on the trail, basic first aid training, trip preparation skills, risk assessment and emergency plans, self assessment skills and group management skills.

**RATIONALE:** This course is the first of three activity based courses for students enrolled in the Adventure Tourism program offered at the Career Technical Centre.

**COURSE PREREQUISITES:** Admission to the CTC Adventure Tourism Program

**COURSE COREQUISITES:** None

<b>HOURS PER TERM FOR EACH STUDENT</b>	<b>Lecture</b>	<b>25</b>	<b>hrs</b>	<b>Student Directed Learning</b>	<b>hrs</b>
	<b>Laboratory</b>		<b>hrs</b>		
	<b>Seminar</b>		<b>hrs</b>		
	<b>Field Experience</b>	<b>25</b>	<b>hrs</b>		
					<b>Other - specify:</b>
				<b>TOTAL</b>	<b>50 HRS</b>

**MAXIMUM ENROLMENT:** 24

Is transfer credit requested?    :    Yes    **9**    No

<b><u>AUTHORIZATION SIGNATURES:</u></b>	
Course Designer(s): _____ Roger Friesen	Chairperson: _____ Curriculum Committee
Department Head: _____ Craig J. Chamberlin, PhD	Dean: _____ K. Wayne Welsh, PhD
PAC: Approval in Principle _____ (Date)	PAC: Final Approval: _____ October 28, 1998 (Date)

**KPE 131**

**NAME & NUMBER OF COURSE**

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**SYNONYMOUS COURSES:**

(a) replaces     N/A      
                  (course #)

(b) cannot take     N/A     for further credit  
                  (course #)

**SUPPLIES/MATERIALS:**

- CSA approved helmet
- Appropriate eye protection
- Appropriate clothing for a variety of weather conditions
- Rain gear
- Water bottles
- Sleeping bag and pad
- Compass (silva ranger)
- Trail eating utensils
- Pocket knife
- Personal first aid kit
- Headlamp and batteries
- Whistle
- Emergency pack

**TEXTBOOKS, REFERENCES, MATERIALS (List reading resources elsewhere)**

None.

**OBJECTIVES:**

1. Learn basic bike handling skills.
2. Understand appropriate bike set-up for clients.
3. Learn essential bike maintenance and repair.
4. Acquire first aid training (OFA 1) and develop risk assessment skills.
5. Understand all aspects of off-road travel by mountain bike.
6. Identify group needs (e.g., weaker riders, and potential risk areas).
7. Assess group needs/requirements (appropriate trail selection).
8. Expose students to basic aspects of trip planning and preparation.
9. Understand basic map and compass use.

**KPE 131**

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**METHODS:**

This course places a high emphasis on hands-on practical experience and application. The course will have two components. One part of the class will take place in the classroom, with a focus on planning, preparation, group management, and other related aspects of bike travel. The second component of the course will have an emphasis on actual bike handling skills and safe off-road bike travel methods. This aspect of the course will take place in various locations around the Lower Mainland with a progression from short afternoon or morning trips to multi-day trips. The off-road activities will require a relatively high level of fitness, and students should expect to ride in various weather conditions.

**COURSE CONTENT:**

This course is structured around modules and will cover the following topics:

- environmental ethics
- definitions
- team building
- trip preparation
- bike maintenance and repairs
- bike handling skills
- first aid training