

**Fitness and Recreational Activity**  
FRA 145 Mountain Biking, Fall 2015

Class Meeting Time: Tuesday, Thursday 1:00PM – 1:50pm  
Class Meeting Place: MRC rock wall (You need your ID to enter.)  
Instructor: Justin Crossland  
E-mail: Justin.Crossland@tamuc.edu  
Office: Outdoor Adventure Center (OAC)  
Office Phone: 903.468.3174  
Office hours: by appointment

**Course materials:** **Bring all handouts you are given to class every day, along with a pen or pencil.**  
You should always have a notebook to take notes, this will help when your written exams come up.

**Attire:**

You must wear athletic attire suitable for mountain biking and the current weather conditions. Be sure your clothing is modest. Students not dressed appropriately will be considered absent. When you are riding a bike you must also have on an appropriate helmet which is provided if you do not have your own. Additional safety equipment that is encouraged is the use of gloves and either safety or sunglasses. Additional personal protective gear may be needed dependent upon individual riding habits and skills.

**Class Description:**

This course is designed to instruct students in the basic techniques of mountain biking. Covered techniques will include appropriate riding skills, trail etiquette, the proper use of personal equipment and safety concerns. This will be delivered in lab format behind the Outdoor Adventure Center and on the TAMUC Bike Trail.

**Inclement weather:** If the scheduled class activity is impossible due to weather Please check your email for an updated class plan.

**Objectives:**

1. To introduce students to the sport of mountain biking.
2. To demonstrate knowledge of mountain biking by answering written test questions and displaying techniques taught in class.
3. To have fun and meet new people.

**Participation:**

Students are expected to participate in class in order to receive credit for attendance. Each student is provided with a waiver that must be signed and return to the instructor. This waiver states that the student is able to participate and assumes liability for their own physical wellbeing during the duration of the activity. **Any known or previous medical concerns or conditions should be made known to the instructor and you should seek the advice of your doctor before participating if there is a concern.** If special accommodations are needed please refer to the ADA statement in this syllabus.

**Evaluation:**

<b>Knowledge</b>	40%	
-Quiz		10%
-Test 1		10%
-Test 2		10%
-Reflection Paper		10%
<b>Skills</b>	60%	
-Basic Skills		20%
-intermediate skills		20%
-Ride Log		20%

**My grading policy:**

At the end of the semester, I will assign your earned letter grade according to the schedule below:

**A= 90 and above**

**B= 80-89.9**

**C= 70-79.9**

**D= 60-69.9**

**F= 59.9 and below**

NOTHING can be done to change your final grade once it is assigned (no extra credit, extra assignments, retaking tests, etc). Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible. In other words, attend class every day and do the extra credit.

Bonus points will be awarded for the following events:

- A. One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the internet. The 5K must be done during the semester.
- B. One point may be earned by attending an educational clinic provided by the Outdoor Adventure program at the MRC (bouldering, bike maintenance, lead climbing etc. are available this semester). Prerequisites might be required for a clinic, plan accordingly. Watch for announcements at the MRC, as well as in class this semester. Limit three points via clinics.
- C. A maximum of 5 points extra credit may be earned.
- D. The last day to turn in any extra credit is April 30, at the beginning of class.

**WRITTEN TEST**

Your written test will be multiple-choice, true-false, fill in the blank, and matching. It will have fewer than 50 questions. If you cannot take the exam due to illness, injury, or family emergency, **the instructor must be notified prior to the exam.** Students will be required to present appropriate documentation for missing a scheduled exam. All make-up exams will be scheduled as the need arises.

**RIDE LOG**

You will be responsible for Riding 12 hours outside of class. Keep a log of when and where you ride and turn it in By December 10, 2015.

Class attendance is expected. For each unexcused absence, 2 points will be deducted from the final grade. 1 points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student

will be considered absent. If you decide to try and leave early you will be counted absent. Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately WITHIN ONE WEEK of the absence (I need a copy of the documentation that I can keep).

## REFLECTION PAPER

Requirement: Write a short **reflection paper** describing the class experience. Discuss what was learned and describe any personal growth that took place. The paper should be a minimum of two double spaces typewritten pages. The paper is worth 10% of the total course and the equivalent of a “letter grade” if not turned in. The paper is due electronically via email **no later than Friday, December 11**. The paper should be e-mailed to [Justin.Crossland@tamuc.edu](mailto:Justin.Crossland@tamuc.edu)

## Statement on Student Behavior

While in this course students are expected to monitor and care for their own wellbeing and to attend class ready to participate in a physically demanding activity. It is up to each student to follow trail rules and to ride within their personal limits. The activity of mountain biking as an inherent level of risk and should be approached knowingly. There will be no smoking or vape use while in class.

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook).

## ADA statement

Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, Gee Library Room 132, (903) 886-5835.

## This schedule is tentative and is subject to change.

This schedule may change. If you miss class, be sure you talk to someone in the class to find out about any announcement or changes.

Day	Date	In-class activity
Tuesday	9/1	Syllabus, intro to class, intro to each other
Thursday	9/3	Basic skills intro
Tuesday	9/8	Basic skills development
Thursday	9/10	Basic skills development
Tuesday	9/15	Intermediate Skills Intro
Thursday	9/17	Intermediate Skills development
Tuesday	9/22	Intermediate Skills development

Thursday	9/24	Quiz
Tuesday	9/29	Trail Riding
Thursday	10/1	Trail Riding
Tuesday	10/6	Trail Riding
Thursday	10/8	Skills Demo test
Tuesday	10/13	Trail Riding
Thursday	10/15	Trail Riding
Tuesday	10/20	Trail Riding
Thursday	10/22	Trail Riding
Tuesday	10/27	Trail Riding
Thursday	10/29	Trail Riding
Tuesday	11/3	Trail Riding
Thursday	11/5	Skills Demo Test
Tuesday	11/10	Trail Riding
Thursday	11/12	Trail Riding
Tuesday	11/17	Trail Riding
Thursday	11/19	Trail Riding
Tuesday	11/24	Trail Riding
Thursday	11/26	Trail Riding
Tuesday	12/1	Trail Riding
Thursday	12/3	<b>Written Test</b>
Tuesday	12/8	Trail Riding
Thursday	12/10	Trail Riding

### Course Policies

1 Students are expected to be in class, ready to participate, on time.

2 An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

- Participation in an activity appearing on the University’s authorized activity list.
- Death or major illness in a student’s immediate family.
- Illness of a dependent family member
- Participation in legal proceedings or administrative procedures that require a student’s presence.
- Religious Holy Day
- Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
- Required participation in military duty

3 Any student missing an exam or assignment without prior arrangement will receive a score of zero.

4 You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (your leo account)

5 While you are in class, I expect you to participate. Do not come to class and expect to sit to the side.

Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. **CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT.** This is a zero-tolerance policy. (Thanks!) . If you use a cell phone, iPod, etc. in class (or if your phone rings), you will lose 1 point per incident (off your final grade). Turn it off!

**6 DUE DATES:** The due dates listed for assignments are the **LAST** chance to submit them. **I DO NOT** accept late assignments.

**7** If you have a question or concern, **TALK** to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.