



Course Outline

HMALS4008 BICYCLE EDUCATION

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| Title: | BICYCLE EDUCATION |
| Code: | HMALS4008 |
| School / Division: | School of Health Sciences |
| Level: | Advanced |
| Pre-requisites: | (HM594 or HM595 or HMALS1001 or HMALS1002) |
| Co-requisites: | Nil |
| Exclusions: | Nil |
| Progress Units: | 5 |
| ASCED Code: | 70105 |

Objectives:

After successfully completing this course, students should be able to:

Knowledge:

- Develop a sound knowledge of a range of cycling skills
- Understand safe strategies for cycling and safety issues in relation to the provision of a bicycle education program in school settings
- Familiarise themselves with the relevant roads rules; i.e, traffic rules, specific rules for cyclists

Skills:

- Increase riding competency by practicing a range of cycling skills; i.e. High and low speed turns, starting and stopping on hills, riding on loose and firm ground, strategies for climbing and descending, using gears
- Develop safe strategies for riding in traffic; i.e. riding predictably, constantly scanning for other road users, wearing visible clothing
- Develop safe methods to negotiate common traffic situation; i.e. turing, roundabouts, planning safe routes

Values:

- Develop a responsible attitude as a cyclist; i.e. maintenance of your bike, helmet wearing, visibility while riding

Content:

Topics may include:

- Introduction to cycling
- Bike maintenance of equipment and safety equipment



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- Starting and stopping, falling, riding on flat ground, and spinning
- Shifting gears on flat ground
- Rules of the road and rules specific to cyclists
- Turning, starting and stopping on hills
- Using bike trails vs on road riding in traffic
- Other elements relevant to Cycle On programs delivered in school settings

Learning Tasks & Assessment:

| Learning Task | Assessment | Weighting |
|---|--------------------------------------|-----------|
| Attendance and participation in class | 90% attendance required | S/U |
| Development of a bicycle education lesson/course activities and development of a teaching resource for a practical and theoretical lesson | Unit/lesson plan | 40 - 60% |
| Demonstration of safe cycling Skills | Practical cycling skills examination | 40 - 60% |

Adopted Reference Style:

APA

Handbook Summary:

This course is designed to enable students to develop a sound knowledge of a range of cycling skills, safe strategies for cycling and safety issues in relation to the provision of a bicycle education program in school settings. Students will have the opportunity to familiarise themselves with the relevant roads rules; i.e., traffic rules, specific rules for cyclists. The course will increase students riding competency by practicing a range of cycling skills; i.e. High and low speed turns, starting and stopping on hills, riding on loose and firm ground, strategies for climbing and descending, using gears.