



ATBO-171 – Mountain Bike Skills Level 1

Business

Effective Term & Year: Fall 2022

Course Outline Review Date: 2027-09-01

Program Area: Tourism, Recreation, & Hospitality

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 provides the necessary training to work as a Professional Mountain Bike Instructor Association Ride Guide. PMBI Ride Guides are responsible for organizing a ride, performing bike checks and safety talks, assessing rider skills, and managing their clients on appropriate trails. The goal is to be able to lead clients on safe, enjoyable rides.

Program Information:

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

Delivery Methods: On-campus (Face-to-Face), Practicum

Credit Type: College of the Rockies Credits

Credits: 2

Instructional Activity and Hours:

Activity

Hours

Classroom, Directed Studies or Online Instruction	
Seminar/Tutorials	
Laboratory/Studio	
Practicum/Field Experience	40
Co-op/Work Experience	
Other	
Total	40

Course Requisites:

None

Flexible Assessment: Yes

In some cases students may be able to apply for recognition of prior learning outside the classroom. This flexible assessment process provides equivalent course credit. It is a rigorous process that may include external evaluation, worksite assessment, demonstration, standardized test, self-assessment, interview, products/portfolio, and challenge exam, or other measures as appropriate. Tuition fees apply. Contact an education advisor for more information.

Course Transfer Credit:

For information about receiving transfer credit for courses taken at either British Columbia or Alberta institutions, please see <https://www.bctransferguide.ca/> or <https://transferalberta.alberta.ca> . For more transfer credit information, please visit <https://www.cotr.bc.ca/Transfer>

All requests for course transfer credit from institutions in British Columbia or elsewhere should go to the College of the Rockies Enrolment Services office.

Textbook 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

<https://textbook.cotr.bc.ca/> 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 Assessments

Assessment Type: On-Campus (face-to-face)

Assessment Type	% of Total Grade
Movement Skills	40%

Technical and Safety Skills	30%
Leadership Skills	30%
Total	100%

Grade Scheme

A+	A	A-	B+	B	B-	C+	C	C-	D	F
>=90	89-85	84-80	79-76	75-72	71-68	67-64	63-60	59-55	54-50	<50

Pass requirements: None

Evaluation Notes: A grade of “D” grants credit, but may not be sufficient as a prerequisite for sequential courses.

Evaluation Notes Comments:

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

Exam Attendance:

Students must attend all scheduled exams at the appointed time and place. Instructors may approve an alternate exam to accommodate an illness or personal crisis. Department heads will consider other written requests. Any student who misses a scheduled exam without prior approval will receive a “0” on the exam.

Academic Policies:

College of the Rockies policies related to courses can be found at <https://cotr.bc.ca/about-us/college-policies/> and include the following:

- Policy 2.4.3 Students with Documented Disabilities
- Policy 2.4.4 Student Conduct (plagiarism, other cheating, behavioral misconduct)
- Policy 2.5.8 Academic Performance
- Policy 2.5.3 Grade Appeal
- Policy 2.4.9 Student Concerns Re Faculty

Course Changes:

The College of the Rockies updates course outlines regularly to meet changing educational, employment and marketing needs. The instructor will notify students in writing of any updates to this outline during the semester. The instructor reserves the right to revise, add or delete material while meeting the learning outcomes of this course outline.

