



## Mountain Bike Skills Development – MAST 172 Mountain Adventure Skills Training Program

### Course Outline

COURSE IMPLEMENTATION DATE: January 2020  
OUTLINE EFFECTIVE DATE: January 2023  
COURSE OUTLINE REVIEW DATE: September 2028

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#### GENERAL COURSE DESCRIPTION:

This course is geared towards beginner to advanced riders looking for formal instruction in riding techniques, mountain bike guiding skills, trail building and bike maintenance. Taking place in Fernie, this course utilizes local trails, professional bike guides and mechanics and local trail builders to encompass a complete overview of the employment opportunities in this growing sector.

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**Program Information:** This course is an elective and is not required for MAST certificate and runs concurrently with MAST 168 Canoe Certification This course is recommended for students who are pursuing Mountain Bike Instructor’s certification.

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

**COTR Credits:** 2

**Hours for this course:** 35 hours

#### Typical Structure of Instructional Hours:

Instructional Activity	Duration
Lecture Hours	8
Seminars / Tutorials	
Laboratory / Studio Hours	
Practicum / Field Experience Hours	27
Other Contact Hours	
<b>Total</b>	<b>35</b>

#### Practicum Hours (if applicable):

Type of Practicum	Duration
On-the-job Experience	
Formal Work Experience	
Other: Field Experience	27
<b>Total</b>	<b>27</b>

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**Course Outline Author or Contact:**

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Signature**APPROVAL SIGNATURES:**

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Department Head Signature\_\_\_\_\_  
Dean Signature

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Valid from: January 2023 – September 2028

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Education Council Approval Date**COURSE PREREQUISITES AND TRANSFER CREDIT:****Prerequisites:** None**Corequisites:** None**Flexible Assessment (FA):** If you are seeking prior credit for this course, evidence of your learning achievement may include:

- 5 years +previous employment experience operating own adventure tourism company.
- Letter of reference from previous employers and clients

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>.

Students 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:

*Zinn & the Art of Mountain Bike Maintenance: The World's Best-Selling Guide to Mountain Bike Repair* Paperback – Feb 7 2018 by [Lennard Zinn](#)

*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.*

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## **LEARNING OUTCOMES:**

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

- describe and demonstrate uphill climbing techniques and downhill riding techniques;
  - ride safely through moderately technical terrain;
  - assess risks based on rider ability, trail difficulty and bicycle specifications;
  - choose appropriate terrain for personal and group rides based on risk assessment;
  - demonstrate basic personal bike maintenance in the shop and on the trail;
  - recognize sustainable trail design, maintenance and building techniques;
  - demonstrate basic guiding and group management skills on the trail; and
  - complete risk management protocols in relation to leading group rides.
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## **COURSE TOPICS:**

- Bike and pedestrian safety education
- Parts of a bike
- Bike fit & Body position, balance
- Riding awareness & vision
- Braking & stopping
- Shifting & cadence
- Terrain & Obstacles
- Bike repair & maintenance
- Fitness for riding
- Trail stewardship
- Mountain bike guiding introductory skills

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

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

Assignments	% Of Total Grade
Demonstrated competency in bike maintenance skills	25%
Demonstrated progression of competency in overall riding skills	25%
Demonstrated competency in understanding of trail building skills	25%
Demonstrated competency in understanding of group management and guiding skills	<u>25%</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.*

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### 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.

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### COURSE GRADE:

COM	Completed to defined standard as set above
NCG	No Credit Granted

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### ACADEMIC POLICIES:

See [www.cotr.bc.ca/policies](http://www.cotr.bc.ca/policies) for general college policies related to course activities, including grade appeals, cheating and plagiarism.

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### 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 will endeavor to provide notice of changes to students as soon as possible. The instructor reserves the right to add or delete material from courses.