



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Biking							
Course Code		REKB150		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	98 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		This course includes general theoretical knowledge about cycling, introduction of basic skills and techniques and teaching.							
Course Content		Differences between sports, transportation and recreational cycling Equipment, competition rules and basic skills specific to bicycle disciplines Driving technique, safe driving, bicycle selection, basic bicycle care Anatomical, aerodynamic, biomechanical and physiological factors affecting bicycle performance Movement skills attainable by cycling activities Supporting physical fitness with cycling activities In Turkey, the development of the Bicycle Projects related to recreational cycling activities, new opportunities and job opportunities							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration					
Name of Lecturer(s)									

### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

### Recommended or Required Reading

1	Burke, Edmund R. (2002) Serious cycling
2	Hugh McClintock. (2002) Planning for Cycling: Principles, Practice, and Solutions for Urban Planners
3	Dunya Bisiklet Birliđi web sayfası: www.uci.ch
4	Asker E. Jeukendrup. (2002) High-Performance Cycling

Week	Weekly Detailed Course Contents	
1	Theoretical	Sports, transportation and recreational cycling, Cycling disciplines
2	Theoretical	Bicycle parts, accessories, basic bicycle care
3	Theoretical	Bike and equipment selection, arrangements for the right driving technique
4	Theoretical	Teaching cycling
5	Theoretical	Movement skills acquired by cycling activities
6	Theoretical	Anatomical, aerodynamic, biomechanical factors affecting bicycle performance
7	Theoretical	Physiological factors affecting bicycle performance
8	Intermediate Exam	midterm
9	Theoretical	Supporting physical fitness with cycling activities
10	Theoretical	Recreational cycling activities, group
11	Theoretical	Projects related to recreational cycling activities, new opportunities and job opportunities
12	Theoretical	Bicycle training, movement skills, educational games practice
13	Theoretical	Planning and implementation of cycling themed recreational activities
14	Final Exam	final

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	2	2	56
Total Workload (Hours)				98
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				



**Learning Outcomes**

1	Gains general knowledge about equipment, competition rules and basic skills specific to bicycle disciplines
2	Gains knowledge of correct driving techniques, safe driving, bicycle selection, basic bicycle care.
3	Understands the relationships between anatomical, aerodynamic, biomechanical and physiological factors that affect performance while cycling
4	Acquire knowledge and participate in the exercise of movement skills and physical fitness through cycling activities.
5	Comprehend the needs related to sports, transportation and recreational cycling

**Programme Outcomes (Recreation)**

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfil responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfil scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

