



SWELL 101R • BICYCLING BASICS

Bicycling Mechanics and Urban Cycling

Please refer to the welcome page for general information:

<https://studentwellness.byu.edu>

COURSE CONTENT: Students in the class will learn basic bicycle mechanic skills such as: flat fixes, repacking hubs, headsets, bottom brackets, truing wheels, brake systems, shifting, and chains. Students will also be taught safe riding in urban settings, including learning bicycle laws, how to ride with traffic, styles of basic infrastructure, and how to choose a safe bike route.

LEARNING OUTCOMES

1. Students will be able to apply knowledge of hand signaling, scanning, placement in traffic, and using gears while riding bicycles in urban settings.
2. Students will be able to repack and service bearing systems in wheels, headsets, and bottom brackets.
3. Students will be able to true a wheel, fix flats, service brakes and shifters, and replace chains.
4. Students will be able to explain the techniques and principles of bicycling basics.
5. Students will value and be able to apply general principles of fitness and well-being that will encourage lifelong wellness and assist in the active pursuit of their best selves.

CLASS ATTIRE: Student Wellness supports the BYU Honor Code, including the Dress & Grooming Standards. Appropriate workout attire for all SWELL classes includes tops that cover the shoulders, stomach, and back; mid-thigh shorts or longer (no exceptions); and no cut-off shirts, jeans, boots, or open-toed shoes. Exercise leggings are permitted. Inappropriate logos or sayings will not be tolerated. ***Students not dressed appropriately will not be allowed to participate and will be marked absent.*** Students are encouraged to wear clothing that can get dirty.

HONOR CODE: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

INHERENT RISK: In consideration of my being enrolled in Bicycling Basics at BYU, **I ACKNOWLEDGE AND AGREE TO ASSUME THE INHERENT RISKS OF THE ACTIVITIES ASSOCIATED WITH THIS CLASS.** I acknowledge the risks involved in this class may include, but are not limited to: Strenuous long distance hiking and walking on trails in or out of water, hiking next to motorized vehicles, bicycles and among other walkers; getting lost; pulled muscle, muscle cramp or spasm, abrasions, dislocations, cuts, bruises, blisters, broken bones, strains, sprains, falls, concussions, torn muscles, internal injuries, spinal injuries; injuries caused by other participants, blows to the body, face or head, exhaustion, dehydration, physical or emotional distress; injuries from

contact with equipment; injuries occurring from colliding with other participants or objects; bad decision-making; inattention of or actions of other participants; misuse or failure of equipment; damage to clothing and other personal items and other risks, animal or bug bites or stings; sunburn; hypothermia, heat-related illness; adverse weather conditions including lightning, rain, hail, wind, snow, ice, cold, heat and other weather related phenomena; and other risks, hazards, or accidents, whether foreseen or unforeseeable.

FEES & EQUIPMENT: A bicycle and helmet are required for safe cycling days. Bikes are available for sale on location at Provo Bicycle Collection for \$270-\$350. BYU Outdoors Unlimited also offers bike rentals. Class will be held at Provo Bicycle Collective 397 E 200 N Provo, UT.

QUESTIONS OR CONCERNS: If you have questions or concerns, please visit with your instructor or contact Student Wellness in 112 Richards Building or call 801-422-3644.