

Colorado Outdoor Recreational Leadership Course Scope and Sequence

Course Name	Mountain Biking		Course Details	Level 3 course in the Outdoor Recreational Leadership Pathway.	
			Course = 0.50 Carnegie Unit Credit		
Course Description	This course introduces basic mountain biking skills and techniques. The primary emphasis is to gain an understanding of the basic principles of mountain biking. Students develop skills and techniques for all riding situations, review bicycle anatomy, and basic maintenance and repairs.				
Note:	This is a suggested scope and sequence for the course content. The content will work with any textbook or instructional resource. If locally adapted, make sure all essential knowledge and skills are covered.				
SCED Identification #		Schedule calculation based on 60% of a semester instructional time. Scope and sequence allows for additional time for guest speakers, student presentations, field trips, remediation, or other content topics.			
All courses taught in an approved CTE program must include Essential Skills embedded into the course content. The Essential Skills Framework for this course can be found at https://www.cde.state.co.us/standardsandinstruction/essentialskills					
Unit Number, Title and Brief Description	CTE or Academic Standard Alignment	Competency / Performance Indicator	Outcome / Measurement	CTSO Integration	
Unit 1: Introduction to Mountain Biking	Overview of Mountain biking				
	Risk Management of biking				
	Building Confidence				
Unit 2: Bicycle Anatomy and Maintenance	Mechanical Systems	Assess basic maintenance and perform quick safety checks and repairs.			
	Repairs				
Unit 3: Skills and Techniques	Shifting and proper cadences	Demonstrate various skills and techniques of mountain biking.			
	Uphill and downhill riding				
	Riding over obstacles				
Unit 4: Trail Selection and Navigation		Practice map and compass navigation			
Unit 5: Mountain Bike Selection	Type of bike	Evaluate how to purchase a mountain bike, accessories, and components of a bike.			
	Fit of bike				
	Buying used bikes				

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