



Mountain Biking

30 frontal hours (5 ECTs)

Course Instructor: Avinoam Yanai

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A. Aims

1. To acquire basic knowledge on mountain biking on different kinds of terrain
2. Safe cycling
3. Bike maintenance
4. Improved physical fitness by mountain biking
5. Basic knowledge on leading groups in the field: children, adolescents and adults
6. Sport navigation in mountain biking

B. Curriculum

Week	Topic
1	Practice - Fitting the bicycle to the rider and riding in the field.
2	Theory + practice – Introduction: Getting to know the bike, safety procedures, short riding.
3	Theory + Practice - Proper operation of the bike: Transmission + Brakes.
4	Theory + Practice - Technical riding: sands + plains
5	Practice – Endurance riding according to the participant's abilities (increasing physical fitness)
6	Theory + Practice - Leading a group of campers in the field (forest area)
7	Theory + Practice - Familiarity with sport navigation (Repetition of basic topography)
8	Practice - Mountain bike navigation in the Yakum Park area.
9	Theory + Practice - Self-preparation for riding, choosing the right mountain bike
10	Theory + Practice - bicycle repairs in the field.
11	Practice – Knowledge of mountain bike trails in Israel
12	Practice - Mountain biking on a route prepared by one of the participants
13	Practice – Experiential riding with equipment on the back and on the bike
14	Theory + Practice - Mountain bike injuries - Prevention and treatment
15	Practice - Advanced off-road riding in the forest - single trek

C. Method

Lessons are structured by practical and theoretical units.

D. Student Obligations:

1. Active participation
2. Writing a paper according to instructor's guidelines.

E. Grade Composition:

1. Exam on practical units – 70%
2. Exam on theoretical units – 30%

F. Sources:

Set Eli (2000), 'A day trip on a mountain bike', Tel Aviv: Cordinata

Shaham, Ilan (2012), 'Mountain bikes for A to Z', Shvil Net