

The Chinese University of Hong Kong
Physical Education Unit
Cycling and Fitness
Course Content

Week	Session 1	Session 2
1	1. Class regulations 2. Course introduction & assessment 3. Cycling history and development	4. Cycling equipment 5. Cycling rules and safety 6. Stretching and warm-up for cycling
2	1. Bike balance 2. Bike coordination	3. Bike brakes control
3	1. Gear shifting	2. Ascending and descending
4	1. Bike Turning	2. Bike control
5	1. Skills practice	2. Skills practice
6	1. Indoor bike machine introduction	2. Cycling fitness
7	1. 5km bike path practice	2. 5km bike path practice
8	1. 8km bike path practice	2. 8km bike path practice
9	1. 10km bike path practice	2. 10km bike path practice
10	1. Introduction of cycling competition	2. Introduction of cycling training program
11	1. Revision of skills and practice	2. Revision of skills and practice
12	Examination	Examination
13	Examination	Examination and Course Evaluation