

City Bicycling

Instructor: Carl Larson

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Meets 1X per week: 1.0 Credit

Course Description:

Bicycles provide a fast, fun, affordable, and healthy way to get around. This course will explore the many facets of using a bicycle for transportation including rules of the road, route planning, clothing selection, cargo hauling, bicycle maintenance, and safe riding technique – everything one needs to confidently ride a bicycle in a city. Great for foreign students who are unfamiliar with local traffic laws. This course meets for one hour a week and will be a combination of classroom lectures and on-bike practice.

Prerequisites: students should have a bicycle and be able to ride it before the first class. Please contact the instructor in advance if you need a bike or need to learn how to ride one.

Required Equipment:

Student should have a mechanically-sound bicycle and weather-appropriate clothing. Helmets will be provided for those who do not have one, care of Parking and Transportation Services.

Learning Outcomes:

Those who successfully complete this class will be able to:

- Perform basic bicycle maintenance
- Understand laws relating to bicycling
- Plan bicycle routes to, from, and around the BU campus
- Ride a bicycle safely on city streets

Grading Policy

This class will be graded Pass/Fail, based on attendance. Please visit the Registrar's website often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended.

W – Withdraw: If you drop this class after the specified deadline, you will receive a "W" grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an "I" until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a "P" once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of "F" will only be given in extenuating circumstances, such as violating the BU student code of conduct.

Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 absences. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. You can do this by contacting the instructor during the week

following your absence and completing a make-up exercise.

Please contact Carl Larson if you plan on attending a section of City Bicycling so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

Blackboard, FitRec Website & Course Evaluation:

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

Student Conduct:

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

Schedule (weather dependent; subject to change)

Week 1	Introduction: bike assessment and registration, helmet fit, lock technique
Week 2	*Parking Lot Ride: basic riding technique
Week 3	Rules of the Road: bike-specific laws plus a general traffic law refresher
Week 4	*Esplanade Ride: sharing a multi-use path
Week 5	Route Planning: plan a short ride
Week 6	*Brookline neighborhood Ride: safe riding on neighborhood streets
Week 7	Gear day: bikes, lights, locks, helmets, clothing, and other accessories
Week 8	*Cambridge port Ride: safe riding in bike lanes
Week 9	Bicycle Repair: changing a flat tire
Week 10	*Lower Allston Ride: Bike Polo Visit
Week 11	Law day: what to do if you're in a crash (Guest: Josh Zisson, lawyer)
Week 12	*Downtown Ride: City streets
Week 13	Advocacy day: helping make our streets safer (Guest: Becca Wolfson)
Week 14	*Graduation Ride to Toscanini's