

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

Teaching Content:

1. Cycling history and development
2. Cycling equipment
3. Cycling rules and safety
4. Cycling stretching and warm-up exercises
5. Bike balance and coordination
6. Gear shifting, brakes control, ascending and descending slopes, turning
7. Indoor bike machine introduction
8. Cycling fitness training
9. Bike path introduction
10. Introduction of cycling competition
11. Introduction of cycling training program