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This course provides students the opportunity to learn the technical aspects of road racing. Content includes techniques for the competitive cyclist. The workouts are performed on a studio-spinning bike designed to improve speed, pedal efficiency, and balance. Techniques are applied to outdoor cycling and include injury treatment and prevention.

Letter Grade, Pass/No Pass

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□ □ □ □ None

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□ □ □ None

Transferable to both UC and CSU

□ □ □ Area A-8: Kinesiology

□ □ □ □ Area E - Lifelong Learning and Self Development