

Course Form for PKU Summer School International 2023

Course Title	Title in English: cycling in ancient Beijing city: Exploring the echo of one-thousand-year old capital
	Title in Chinese: 骑行老北京城：探索千年古都回响
Teacher	Fuquan LU
First day of classes	July 3, 2023
Last day of classes	July 28, 2023 (4 week-course)
Course Credit	2 credits
Course Description	
Objective:	
Explore the prefunded history and colorful culture of Beijing ancient city as the Capital of Jin, Yuan, especially Ming and Qing Dynasty of 869 years, by planning 6 representative cycling routes in which contains dozens of worth visiting places including palace, museums, temples, parks, theaters, rivers and lakes.	
Pre-requisites /Target audience	
Undergraduates and graduates who prefer field trip to indulge Beijing's history and culture, as a stranger to the city. Cycling skills and average fitness are pre-requisites.	
Proceeding of the Course	
The course is a four-week course, 4 hours each day (on Tuesday and Friday afternoon, might be subjected to change.) , twice a week and totally 32 teaching hours. The first and last class in campus, the other 6 are cycling field trip journey.	
Assignments (essay or other forms)	
During every cycling journey, presentation of assigned stop point was required to be made. Essay will be assigned upon each students and reflection and thoughts will be print in essay collection. Each student/students' group will be assigned to make a short presentation on one of the spots of the routes. Each students are required to submit 3-5 photos to print the photo album of the cycling journey.	
Evaluation Details	
Cycling field trips made, cycling routes stop point presentation done account for 60% of the total score. 40% of the score goes to the essay presentation at the lass class.	
Text Books and Reading Materials	
In the field of cycling skill and cycling safety education: Cycling education MOOC: http://www.chinesemooc.org/mooc/5012 Chinese book:北京三千年：从考古发现看北京建城史.北京日报特别报道部.北京联合出版公司,2022.9	

Chinese and English book:老明信片记录的历史 history recorded by postcards: Old postcards of Peking Old postcards of Peking.五洲传播出版社,2008

Academic Integrity (If necessary)

A Chinese cellphone number is necessary for every student, for registration to the Cycling route tracking and design APP:行者骑行



CLASS SCHEDULE

(Subject to adjustment)

Session 1: Cycling skill and safety Education

Date: July 4

【Description of the Session】(purpose, requirements, class and presentations scheduling, etc.)

The introduction about the course;

The management of the course

The score composition.

Bike anatomy, bike maintenance, bicycle laws in Beijing, defensive riding, bicycle crash analysis, will be introduced and discussion before the next class.

Cycling skill test in track and field and basketball ground, to practice the basic skills, and ability to control the bike, and all kinds of signs applied in team city cycling.

Campus cycling orientation will be arranged at the end.

The class will be hold in the cycling hall(318) in wusi sport center.

【Questions】

Why do you enrolled the class and what do you expect from this class?

How to select your own bike?

What is the defensive riding?

What are the risk factors of bicycle crash?

How we move to the start point of each journey?

【Readings, Websites or Video Clips】

<http://www.chinesemooc.org/mooc/5012>

<http://www.vr-campustour.com>

【Assignments for this session (if any)】

Students information card will be collected, and study group will be assigned.

Icebreaking game will be set.

Basic skills to maintain the bike should be mastered, including:

Adjust bike seat height, pump up your bike, and fix chain drops.

Basic riding skills test including changing gears, applying brakes, riding through narrow roads and riding slowly and make turns.

Team Campus cycling orientation is the last assignment.

Not paper work.

Session 2: *Exploring the Beijing city 2nd ring: Forbidden City and outer city of Ming and Qing Dynasty Capital*

Date: July 7

【Description of the Session】(purpose, requirements, class and presentations scheduling, etc.)

Second ring is the capital shape of forbidden city and outer city of Ming and Qing Dynasty. The distance of the route is about 42km in total, We are going to explore and stop at 27 different places in 4 hours. this journey will be physically demanding.

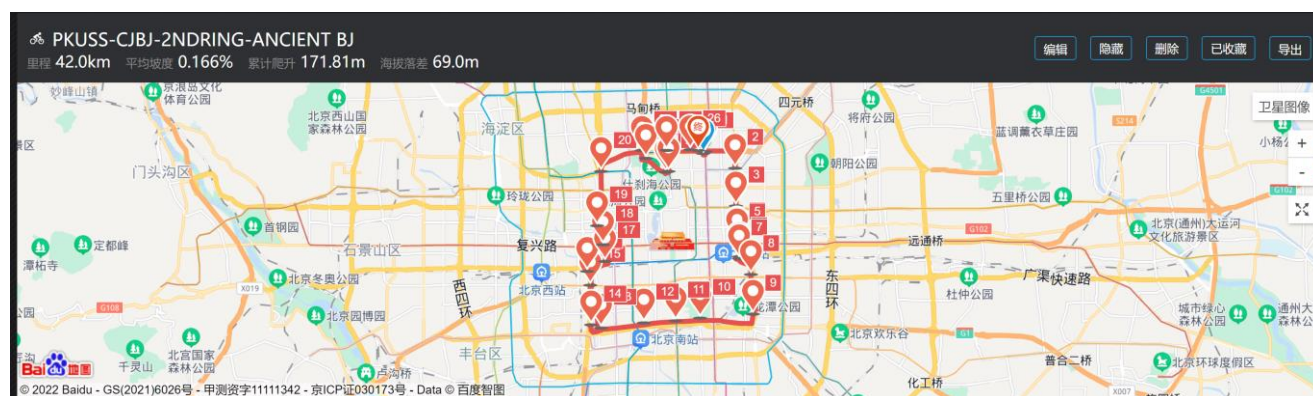
The most interesting things, is to memorize all the city gates(门) and their ancient purpose.

【Transportation and cycling map】

We either take the school bus with or without University bikes, depending on the total cycling distance.

University bike will be used in this route. In a shorter route, we will take the school bus without taking any bike. Each student will be offered a donated sharing bike card to use the city sharing bike.

Please note that the transportation way could be subjected to change depending on the class size.



【All stops we will drop by or visit】

All the stops are list below and each group of student will be assigned some stops to present when we arrive that stop.

- 1.The Beijing Confucian Temple and Guozijian Museum(visit)
- 2.The Lama Temple
- 3.Dongzhimen
- 4.Chaoyangmen
- 5.Jianguomen
- 6.The Beijing Ancient Observatory
- 7.Ming City Wall Ruins Park(visit)
- 8.Dongbianmen
- 9.Guangqumen
- 10.Longtan Lake Park
- 11.The Temple of Heaven Park(visit)
- 12.Yongdingmen
- 13.Taoranting Park
- 14.Beijing Grand View Garden (大观园)
- 15.Jinzhongdu City Wall Relics Park(visit)
- 16.Guang'anmen
- 17.Tianning Temple/Xibianmen
- 18.Fuxingmen
- 19.The Moon Altar(visit)
- 20.Xizhimen
- 21.Deshengmen(visit)
- 22.Former Residence Of Song Qingling
- 23.Yinding Bridge(visit)
- 24.Yandai Xiejie(visit by walk)
- 25.Beijing Drum Tower(visit)
- 26.(skip)
- 27.Andingmen
- 28.Wudaoying Hutong(visit, dinner place)

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 3: *The Awakening Red Journey: The contribution of beida at the early of*
New democratic revolution

Date: July 11

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

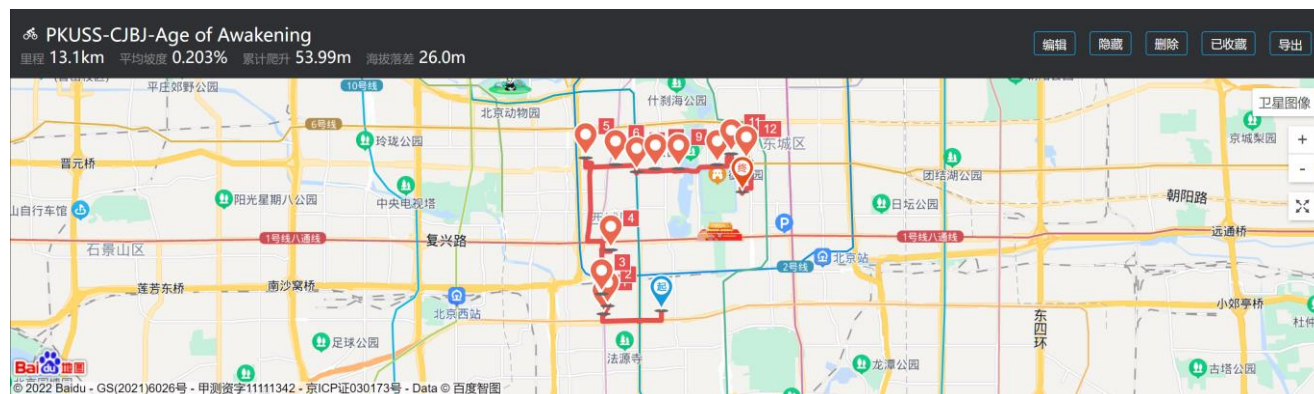
In This route, the students will

Know the most representative pioneer, newspaper, journals, and their relation ship with Beida

Know the history of Peking University, and Yanching University

【Transportation and cycling map】

Take the bus to the start point from the campus and use the city sharing bike as transportation tool. Take bus again to return the campus from the end point. Please note that the transportation way could be subjected to change depending on the class size.



【All stop we will drop by or visit】

- 1, Star Point: Former site of Jingbao Newspaper(visit)
- 2,H-Former Site of Dabai Pavilion in Tang Dynasty
- 3,C-Xuannan Culture Museum(visit)
- 4, Former Residence of Li Dazhao(visit)
- 5,H-Former site of Beijing Government Building
- 6,Luxun Museum(visit)
- 7,H-Temple of Emperors(visit)
- 8,C-Wansong Old Man Pagoda(visit)
- 9,Huguo Temple Snacks
10. The former site of the Peking Library
- 11.C-Beihai Park
- 12.Peking University Hall(visit)
- 13.Peking University Hall-Red Masion(visit)
- 14.Former Residence of Duxiu Chen(visit)

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 4: *the journey of Liyuan: the Beijing opera tour.*

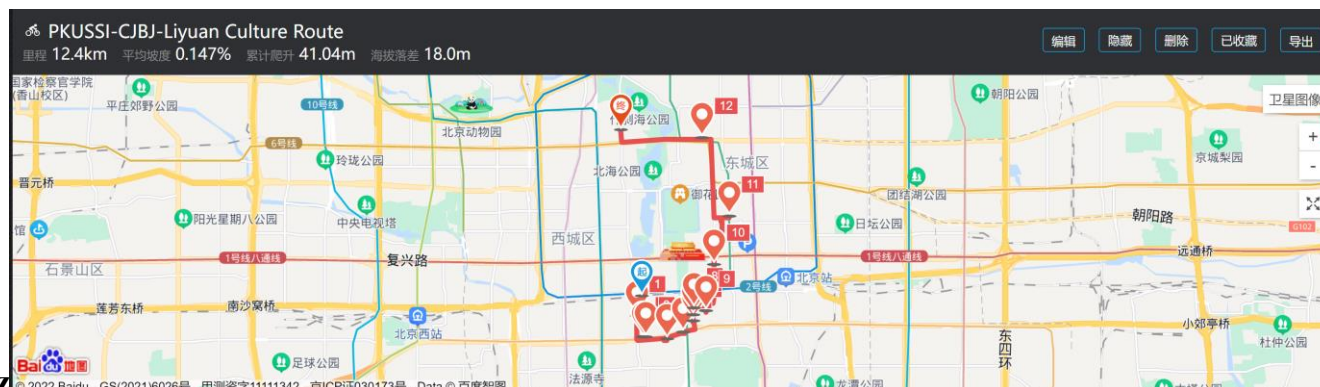
Date: July 14

【Description of the Session】(purpose, requirements, class and presentations scheduling, etc.)

Understanding the variety of Chinese drama and opera. Able to recognize different styles, and roles in Beijing opera. Appreciate the beauty of Peking Opera and its magnificent theaters.

【Transportation and cycling】

Take the bus to the start point from the campus and use the city sharing bike as transportation tool. Take bus again to return the campus from the end point. Please note that the transportation way could be subjected to change depending on the class size.



【All stops we will drop by or visit】

- 1, Zhengyi Temple Theater Building(visit)
- 2, Liulichang Ancient Culture Street(visit)
- 3, Landmark Plaza, the birthplace of Peking Opera(visit)
- 4, H-Former residence of Ji Xiaolan
- 5, Beijing Fenglei Troupe(visit)
- 6, C-Zhushikou Church
- 7, Liulaogen Theater
- 8, H-Taiwan Guild Hall
- 9, Tianleyuan Theater (visit)
- 10, The Pigment Guild(visit)
- 11, H-The ruins of the Hanlin Academy
- 12, Auspicious Theater(visit)
- 13, Nanluoguxiang-snacks point
- 14, Mei Lanfang Memorial Museum(visit)

Note: Peking Opera show could be arranged if it match our cycling journey perfectly.

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 5: *Journey of palace, Mansion, and historical celebrity former residence in Dongche Hutong*

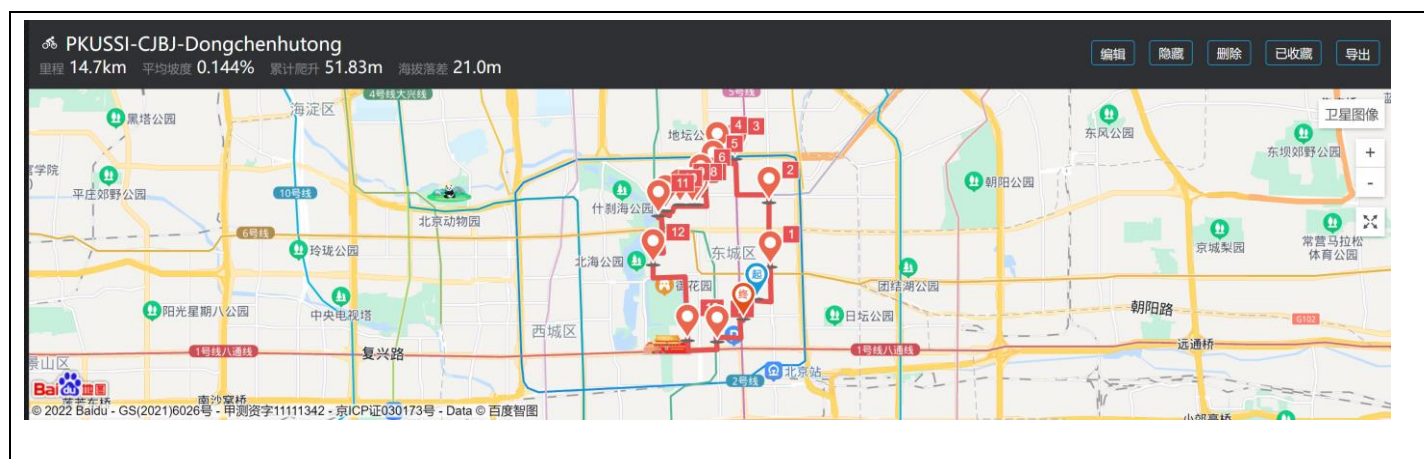
Date: July 18

【Description of the Session】(purpose, requirements, class and presentations scheduling, etc.)

Exploring the glories of palace, Mansion, and historical celebrity former residence in the Hutong, dongcheng district. Architecture features of ancient building of Beijing should be noticed, and how the palace, Mansion, nobles, and civilians residence layout differently and their relation to fengshui.

【Transportation and cycling map】

Take the bus to the start point from the campus and use the city sharing bike as transportation tool. Take bus again to return the campus from the end point. Please note that the transportation way could be subjected to change depending on the class size



【All stops we will drop by or visit】

- 1, Shijia Hutong Museum(visit)
- 2, Prince Fu's Mansion(visit)
- 3, The Chinese Medical History Museum(visit)
- 4, Lama Temple and Wudaoyinghutong
- 5, (skipp)
- 6, Chengxian Street
- 7, Shuntianfu Lobby(visit)
- 8, Beijing Chiang Kai-shek's Xingyuan(visit)
- 9, The former residence of Mao Dun(visit)
- 10, Gu Mengyu's former residence
- 11, The former residence of Zhang Zhidong
- 12, Jingshan Park
- 13, Huangshicheng(Royal Archives)(visit)
- 14, Wangfujing Street
- 15, Cai yuanpei former residence(one of the most important president of Peking University)(visit)

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 6: *The journey of in searching of origin in Xicheng*

Date: July 21

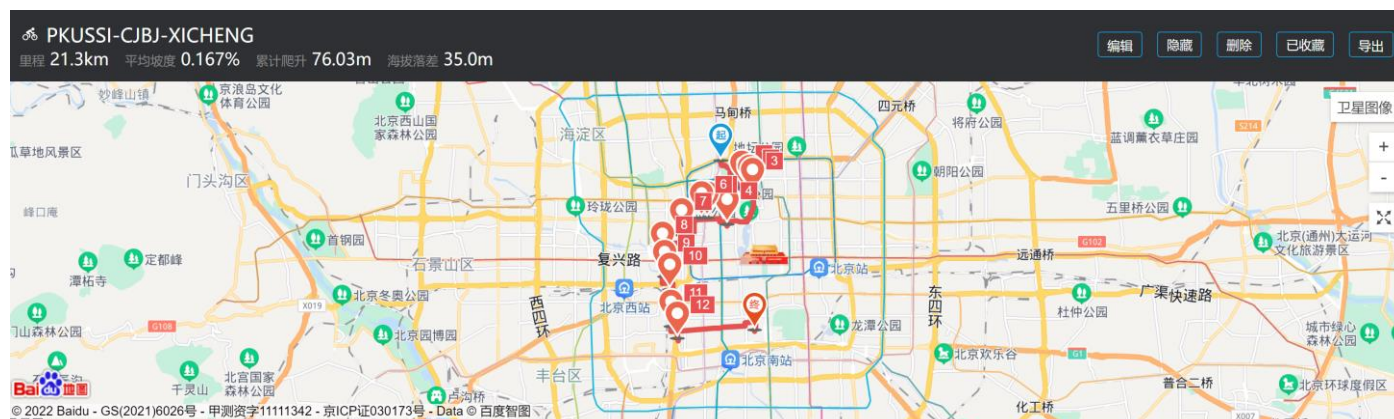
【Description of the Session】(purpose, requirements, class and presentations scheduling, etc.)

In this journey, we are going to explore the history beyond the Ming Dynasty. Some of the temple and Taoism temple are much older than the forbidden city. Central Capital, the name of Jin Dynasty, founded in 1153

【Transportation and cycling map】

Take the bus to the start point from the campus and use the city sharing bike as transportation tool. Take bus again to return the campus from the end point. Please note that the transportation way could be subjected to

change depending on the class size



【All stops we will drop by or visit】

- 1.The Guo Shoujing Memorial Hall(visiting)
- 2.Prince Gong's Mansion and Garden
- 3.The former residence of Guo Moruo
- 4.Beihai Park(North gate in and south game out, by walk)
- 5,Liwang Mansion
6. The Temple of Emperors of All Dynasties(passed by in the awakening red journey)
- 7.white tower temple
- 8.Yuetan Park
- 9.The Capital Museum(one hour visiting)
- 10.Baiyunguan Taoism Temple(visiting)
- 11.Tianning Temple(visiting)
- 12.The site of Taiye Pool in Zhongdu of Jin Dynasty
- 13.Jinzhongdu City Wall Relics Park(visiting)
- 14.Xiannongtan(visiting)

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 7: *The journey of Central Axis Tour of Beijing city: the Best Feng Shui line*

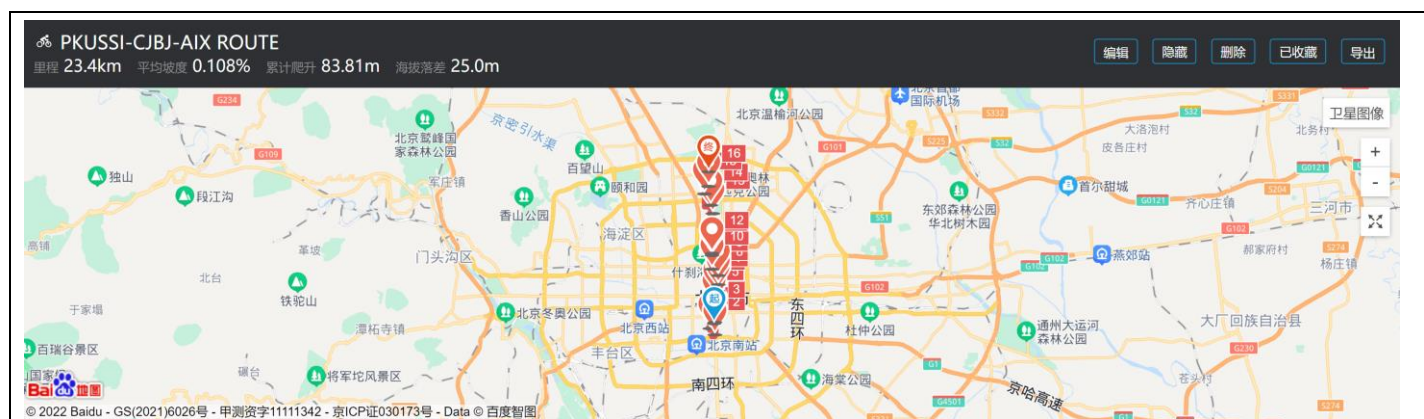
Date: July 25

【Description of the Session】(purpose, requirements, class and presentations scheduling, etc.)

The historical architectures, gates, temples, royal gardens, scarify palace, and modern sport complexities, and Olympics stadium, park and forest are seat along this line.

【Transportation and cycling map】

Take the bus to the start point from the campus and use the city sharing bike as cycling bike. Finally we ride back to campus from Olympic forest park. Please note that the transportation way could be subjected to



【All stops we will drop by or visit】

- 1.Beijing Tianqiao Art Center
- 2.Xiannongtan Temple(visit)
- 3.Yongdingmen(visit)
- 4.The Natural History Museum
- 5.Qianmen Street -Snack point
- 6.ZhengYangmen
- 7.tian'anmen square
- 8.Huangshicheng(passed before)
- 9.Donghuamen(cycling west to Xihuamen via Wumen)
- 10.The corner tower of the Forbidden City
- 11.Jingshan Park(visited before)
- 12.Shichahai
- 13.Beijing Drum Tower (visit)
- 14.Bell tower(visit)
- 15.Yuandadu City Wall Ruins Park(visit another dynasty and city wall ruins.)
- 16.The National Olympic Sports Center
- 17.The National Stadium and swimming center.
- 18.Olympic Park(visit)
- 19.Olympic Forest Park(visit)

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 8: The echo we heard: forum of cycling in ancient Beijing.

Date: July 28

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

All students are required to accomplish an essay basing on their thoughts and reflection of their cycling experience during last four weeks. This assignment account for 40% of the total score. A photographic exhibition will take place in the coffee break.

【Transportation and cycling map】

No cycling this class.

【All stops we will drop by or visit】

No stops to drop by or visit. Only slide show to recall.

【Assignments for this session (if any)】

Each student accomplishing an essay.

5-10 mins personal or team presentation base on the number of students.

Each student submit their 5 best shots to the teaching assistant, to print a photo album.

All the presentation essay will be collected and edit as an essay collection.

A CV of 250-300 words and a high-resolution personal photo should also be provided



Dr. Fuquan LU, Associate Professor of the Department of Physical Education and sports Science, Peking University. He obtained his Bachelor of Science in Rehabilitation, Master of kinesiology, PH.D. in population science. He was a Visiting Scholar at the Institute of Sports Science of Humboldt University (2011-2012) and Yale School of Medicine (2017-2018). Now he is the Director of the kinesiology teaching Laboratory of Peking University, mainly doing research on cycling culture and cycling health. Currently he is serving as the executive deputy secretary-general of the Cycling Branch of the Federation of University Sport China. From 2014 to 2016, he hosted Peking University Summer School International Course "Chinese Traditional body exercise, diet and Health Preservation". More information could be found at the following link:

<https://pe.pku.edu.cn/info/1036/3581.htm>