KINE 129 - Spinning Course Outline

Approval Date: 02/13/2020
Effective Date: 08/14/2020

SECTION A

Unique ID Number	CCC000616641
Discipline(s)	Physical Education
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	129
Course Title	Spinning
TOP Code/SAM Code	1270.00 - Kinesiology / E - Non-Occupational
Rationale for adding this course to the curriculum	Changing subject code to KINE. Changing hours and units, no longer variable.
Units	1.5
Cross List	*N/A*
Typical Course Weeks	18

Total Instructional Hours

	Contact Hours
Lecture	0.00
Lab	0.00
Activity	54.00
Work Experience	0.00
Outside of Class Hours	27.00

Total Contact Hours	54
Total Student Hours	81
Open Entry/Open Exit	No
Maximum Enrollment	18
Grading Option	Letter Grade or P/NP
Distance Education Mode of Instruction	On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is designed to provide students with a cardiovascular and muscle conditioning workout through a continuous movement on a bicycle (stationary). Each workout begins with a warm-up, then an increasing level of workload and finishes with a cool-down. This course provides a workout suitable for all levels of fitness.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will understand and apply spinning workouts designed for strength and cardiovascular fitness.

B. Students will be able to develop a personalized spinning workout.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. apply exercise principles of proper warm-up and post-workout cool-down 2.demonstrate proper spinning cycle set-up for self 3. calculate target heart rate 4. explain the concept of perceived exercise intensity 5. perform a variety of workouts- including seated, climbing, distance and interval and speed. 6. ride in a safe and biomechanically sound manner. 7. develop a personalized spinning workout.

B.

3. Course Content

1. Introduction:

A. Warm-up and cool down

B. Bicycle riding safety and equipment

C. Bicycle adjustments

2. Riding technique:

A. Seated

B. Climbing

C. Distance

3. Anatomy for cycling

4. Cardiovascular and strength principles

5. Establishment of target heart rate

6. Spinning workouts

7. Safety principles and hydration

8. Nutrition

9. Development of personalized spinning workout.

4. Methods of Instruction:

Lab: establishment of target heart rate and development of spinning programs to reach goals performance of various spinning programs proper bicycle set up and hygiene

Lecture: proper bicycle set up proper and safe cycling technique hydration cycling technique cycling attire types of cycling workouts cardiovascular and strength principles proper nutrition riding techniques development of individual training program

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- 1. Short answer: Explain the difference between climbing training session and a flat workout. 2. Short answer: Develop an interval training workout plan.

Additional assessment information:

Classroom participation
Exercise log
Target heart rate
Goal setting
Written exam will include material on proper warm-ups, proper body and hand position and pedal stroke technique

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments
Students will be required to read specific handouts provided by the instructor, i.e. water and nutrition.
Students will be required to read assigned text and complete testing on anatomy.

B. Writing Assignments
Written assignments include maintaining an exercise log, diet log, goal setting, journal, and target heart rate. Students will be required to develop a spinning workout plan.

C. Other Assignments
-

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author:	Albir, Guillermo
Title:	Anatomy & 100 Stretching Exercises for Cycling
Publisher:	Barron's Educational Series
Date of Publication:	2016
Edition:	1st

B. Other required materials/supplies.

- Handouts provided by the instructor:
  - heart rate
  - exertion
  - nutrition
  - workload
  - fitness tips
  - muscle groups