

Course Syllabus

Department: Physical Education and Integrated Health Care

Date: April 2012

I. Course Prefix and Number: PE 123

Course Name: Spinning

Credit Hours and Contact Hours: 1 credit hour and 2 contact hours

Catalog Description including pre- and co-requisites: Spinning is a cardiovascular workout that uses a specialized stationary bicycle which stimulates real cycling conditions. This comprehensive program is totally non-competitive, allowing newcomers and athletes to reach their prospective fitness goals. Additional fee is required. The class is offered at an off-campus site. No prerequisites.

II. Course Outcomes and Objectives

Student Learning Outcomes:

The student will:

1. Analyze cardiovascular efficiency, fitness goals, flexibility, and overall wellness.
2. Demonstrate increases in muscular strength and tone.
3. Implement correct techniques, form, and bike set-up.
4. Recognize and apply target rate during spinning.
5. Employ spinning terminology.

Relationship to Academic Programs and Curriculum:

This course can be used to fulfill the physical education requirement for all majors at the college.

College Learning Outcomes Addressed by the Course:

- | | |
|-------------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> writing | <input type="checkbox"/> computer literacy |
| <input type="checkbox"/> oral communications | <input checked="" type="checkbox"/> ethics/values |
| <input checked="" type="checkbox"/> reading | <input type="checkbox"/> citizenship |
| <input type="checkbox"/> mathematics | <input type="checkbox"/> global concerns |
| <input checked="" type="checkbox"/> critical thinking | <input type="checkbox"/> information resources |

III. Instructional Materials and Methods

Types of Course Materials:

Handouts will be provided by the instructor.

Students will be responsible for coming to class with the following:

1. Sneakers or cycle shoes
2. Appropriate exercise clothing, no street clothes
3. Water bottle

Methods of Instruction (e.g. Lecture, Lab, Seminar ...):

Lecture, hands on demonstration

IV. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

The Physical Education and Integrated Health Care Department believes each instructor should determine the grading system and evaluation methods that will be used in their section of the course. The methods of assessment must be communicated through the Course Outline that is given to the students the first week of the semester. Possible assessment methods include: quizzes, tests, collected assignments, group activities, demonstration of skills and performance. Such assessments and related assignments will develop critical thinking techniques, reading along with developing ethics and values regarding an appreciation of lifetime physical fitness.

V. General Outline of Topics Covered:

1. The importance of a proper warm-up and stretching.
2. Measure heart rate by hand or using a heart rate monitor.
3. Proper bike set-up and form.
4. Core movements
 - Seated Flat
 - Standing Flat
 - Jumps
 - Seated Climb
 - Standing Climb