

Course Syllabus

Indoor Cycling

KINE 1105-001 (Monday & Wednesday 11:00-12:15 a.m.)

Spring 2026

Instructor: Wes Miller

Office: Texan Dome 106

Phone ext.: 2621

E-mail: wmiller@southplainscollege.edu (preferred communication)

Office Hours: M/W 10:00-11:00; T/R 10:00-11:00; F By Appt

Text: No Text

Purpose: Students will master the skills, principles, and fitness level to become proficient at indoor cycling. Concepts of heart rate training, hydration, nutrition, and leg conditioning will also be addressed. To also promote indoor cycling and cycling in general as a lifetime activity.

General Rules:

- A. You get 2 free absences in this class. Each absence after that will result in a 3 point deduction in final grade. If you are late it will count as half an absence.
- B. If you are going to miss class for extreme circumstances (for example: funeral, hospital emergencies, etc.), then get with me to make-up work missed, and I will make a determination if it will count as an absence or not.
- C. You must come dressed to workout on all class days unless previously notified. **If you do not dress appropriately or do not participate, then you will be counted absent!!! You will be required to properly wear a face covering to enter the classroom.**
- D. Turn all electronic devices off and put them away (cell phones, head phones, etc.).
- E. Please bring your own water bottle and personal towel each day.
- F. No foul language.

Injuries/medical: If any injuries occur during class, report them immediately. If you incur an injury outside of class that may keep you from participating or attending class, then call, e-mail, or discuss with me in person about the injury.

Grading Policy:

- a. Grades will be determined as follows:
 - i. 2 cycling tests @ 100 points each: 200 points
 - ii. Final Reflection Paper: 100 points
 - iii. Attendance 200 points
 - iv. Total: 500 points

Drops: The student will be dropped on his or her 6th absence. If your 6th absence occurs after the drop deadline you will receive an 'F'. Disciplinary drops will be taken care of by the instructor.

Grading Scale:

A = 90 – 100 %

B = 80 – 89 %

C = 70 – 79 %

D = 60 – 69 %

F = 59 % or below

SPC Standard Disability Statement:

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) & Lubbock Center 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Non-Discrimination Statement:

South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College -1401 College Avenue, Box 5, Levelland, TX 79336, 806-894-9611