

Indoor Cycling

PHED 1105.003: Fall 2017
Tues/Thurs 9:30-10:45am

Instructor: Kelli Curtis

Office Hours: by appointment only

E-mail: klcurtis@southplainscollege.edu Phone: 307-247-1237

Do not discard! You will need to refer to this occasionally.

Course Objectives: 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.

Outcomes:

- Increased skills and knowledge of indoor cycling as a method of personal fitness.
- Understanding of heart rate monitoring and fitness training zones.
- Greater understanding of how personal choices in the present affect our long term health.
- Greater cardiovascular fitness and leg strength.
- Build a foundation to continue a healthier lifestyle.

Required Material:

- Text: None
- Comfortable/non-restrictive clothing and appropriate footwear. Do not wear jeans! Athletic shoes only! Three points will be deducted for coming to class in inappropriate clothing.
- Positive attitude
- Willingness to follow instruction
- A Heart rate monitor is recommended

I. Grading Policy

- 2 Tests @ 75 points: 150 points
- 1 Final @ 100 points: 100 points
- Attendance @ 50 points: 50 points
 - 10 points will be deducted for each absence up to 5 absences. ON your 6th absence you will be dropped. NO EXCEPTIONS.

TOTAL: 300 POINTS

<u>Final Grade</u>	<u>Point Percentage</u>	<u>Point Total</u>
A	90-100%	270-300
B	80-89%	240-269
C	70-79%	210-239
D	60-69%	180-209
F	Below 60%	Below 180

A. Attendance/participation (refer to attendance policy)

- (These are subjective evaluations of the instructor)
- Attendance Records (by instructor)
- Appropriate Intensity
- Following Instruction
- Proper Dress

B. Tests

- Tests given will cover the syllabus, text, lectures, various articles and videos.
- If a test is missed, it must be taken the first day you return to class.

C. Final Exam

- The final exam will be comprehensive.
- If you have 2 or less absences, you are exempt. (NO EXCEPTIONS)

II. Attendance Policy

Students need to inform me prior to an absence due to a school sponsored activity.

- If you are late to class, depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rule applies when a student *leaves class early*.
- NP's occur when a student is in attendance but cannot participate due to illness or injury. NP's are not to be used to study for exams or work on other class projects. 2 NP's=1 absence.
- Drops will be made by the instructor for excessive absences, discipline and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.

TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS

This is college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog page 21.

MAKE-UPS:

- You may make-up 2 classes during the semester.
- All make-ups must be completed by December 7th. **No exceptions!**
- Make-ups do not count toward exemption from the final.

III. Additional Information:

- A. Lockers are free. First come, first serve. Locks need to be removed at the end of the semester
- B. We do not provide towels.
- C. No cell phones! You will lose points if it rings!
- D. No food or drink in class. Water only.
- E. Do not eat a heavy meal prior to class.
- F. Use the restroom prior to class.

ADA 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 Center 806-716-2577, Reese Center (also covers ATC) Building 8: 806-716-4675, Plainview Center Main Office: 806-716-4302 or 806-296-9611, or the Health and Wellness main number at 806-716-2529.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: (http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php)

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

Diversity Statement

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.