

**South Plains College**  
**Department of Physical Education**  
**SYLLABUS- PHED**  
**Indoor Cycling**

**Instructor:** Dustin Wimmer  
**Office:** Physical Education Building #110  
**Office Hours:** T/R – 2:30-5:00p

**Office Phone:** 806.716.2226  
**Email:** [dwimmer@southplainscollege.edu](mailto:dwimmer@southplainscollege.edu)  
**Class Time:** T/R 11:00a or M/W 1:00p

**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.

**Outcomes:**

- Illustrate proper bike set-up, safety procedures, and riding technique. This outcome will be measured by observation of instructor.
- Calculate target heart rate and apply it to a structured interval workout. This outcome will be measured by quiz 1 and final exam.
- Identify and implement cycling technique and terminology. This outcome will be measured by quiz 1 and final exam.
- Recognize muscles involved in indoor cycling. This outcome will be measured by quiz 2 and final exam.
- Analyze aspects of good nutrition and its implications for sport performance, physical fitness, and wellness. This outcome will be measured by quiz 2, and final exam.
- Execute specific cycling drills: flats (sprints), seated climbs, standing climbs and jumps. This outcome will be measured by observation of instructor

**Course Requirements:**

- Text: None. Handouts will be given as needed.
- Athletic clothing (non-restrictive) and appropriate footwear – athletic, close-toed
- Willingness to follow instruction
- Attendance & participation in all class activities

I. Grading Policy

Final grades will be determined as follows:

- 2 test rides @ 50 points each: 100 points
  - Final Exam @ 100 points 100 points
  - Attendance/participation @ 100 points 100 points
    - 10 points deducted for each absence up to the 5<sup>th</sup>
    - **ON your 6<sup>th</sup> absence you will be dropped!** No Exceptions!!
- Total: 300 points**

| <b><u>Final Grade</u></b> | <b><u>Point Percentage</u></b> | <b><u>Point Total</u></b> |
|---------------------------|--------------------------------|---------------------------|
| 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, cycling rides, 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)**
- Will be given during finals week at assigned time

**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 = one (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 a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

**III. Additional Information:**

- A. Lockers are free. First come, first serve. Bring your own lock.
- B. We do not provide towels.
- C. Cell phones are ok. May bring and use to listen to your own music. Do not let it be a distraction.
- D. Do not eat a heavy meal prior to class. Eat breakfast or a snack in the morning.
- E. Use the restroom prior to class.
- F. Hats are allowed.

I will use the SPC email that was issued to you or the email that you give me on the student information sheet for any correspondence throughout this class. Feel free to call my office phone or email me if you need to visit with me.

**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.

**Disabilities 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) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

**Campus Concealed Carry syllabus statement:**

Campus Concealed Carry - 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](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.