

**SOUTH PLAINS COLLEGE
DEPARTMENT OF KINESIOLOGY
INDOOR CYCLING
PHED 1105**

INSTRUCTOR: Kiley K. Leone
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OFFICE HOURS: Mon, Wed, Fri: Reese Building 2 Basement, Plainview PLV 129
Make an appointment

COURSE DESCRIPTION

Students will master the skills, principles and fitness level to become proficient at indoor cycling. Concepts of full body conditioning and nutrition will also be addressed. The class will promote indoor cycling and cycling as a lifetime activity.

COURSE OBJECTIVES

Each student will demonstrate an appropriate level of competence in the following skills:

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

COURSE REQUIREMENTS

- Text: none
- Internet and phone applications will be used
- Notebook
- Workout top, bottom and sneakers
- May bring towel and water
- Positive attitude*****
- Willingness to follow instructions*****
- Participation in class activities*****
- On time*****
- No late assignments*****
- Any question or concern please come see me.

GRADING (Dates are dependent on the weather due to using the outdoors)

- Attendance & Participation 60%
- Fitness Log 10 %
- Nutrition Log 10 %
- Community Assignment 5 %
- Psychomotor Test 5 %
- Written Final 10%

A 90-100%

B 80-89%

C 70-79%

D 60-69%

E 59% or below

ATTENDANCE

- If you are late to class I will determine if it is considered late or an absence depending on when you arrive.
- Excused absence: Students who participate in a documented college sanctioned event, death in the family, observing a religious holiday, too ill to participate in class (doctors note required) or an emergency (at the discretion of the instructor).
- The student is dropped after 5 unexcused absences

ADDITIONAL INFORMATION

- No cell phones out during class unless told to do so.
- No food or drink in class. Water is acceptable.
- Do eat prior to class, but not a heavy meal.
- I will use the Remind app to communicate with you throughout the semester. You are not able to text me back through this app so use the email provided to you on this syllabus if you need to contact me.

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 Office) 806-716-2577, Reese Center (Building 8) [806-716-4675](tel:806-716-4675), or Plainview Center (Main Office) [806-716-4302](tel:806-716-4302) or [806-296-9611](tel:806-296-9611).

4.1.1.1 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.

Sign & Hand In

I _____ have read and understand all the information on this syllabus for PHED_____.

Print name_____

Date_____

Phone_____

Emergency Contact_____

Emergency Phone Number_____

Email_____

Are there any health issues we should be concerned about before you start this program?
(circle one)

If yes, please explain:

* Sign and complete this form and turn in to the instructor.