



## KINE 129B - Intermediate Spinning Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

### SECTION A

Unique ID Number CCC000616642

Discipline(s)

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 129B

Course Title Intermediate Spinning

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum update to match 129

Units 1.5

Cross List N/A

Typical Course Weeks 18

### Total Instructional Hours

#### Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

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Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 24

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

### SECTION B

## General Education Information:

### SECTION C

#### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** This course is designed to provide students with a cardiovascular and muscle conditioning workout on a spin bicycle (stationary). Each workout begins with a warm-up, then an increasing level of workload and finishes with a cool-down. Intermediate students will learn more advanced concepts of metabolism as it pertains to exercise. This course will also include a core strengthening portion that is designed to increase the student's performance on the bike. This course provides a workout suitable for experienced spin cyclists.

#### Schedule Description

### SECTION D

#### Condition on Enrollment

**1a. Prerequisite(s):** *None*

**1b. Corequisite(s):** *None*

#### 1c. Recommended

- KINE 129 with a minimum grade of C or better

**1d. Limitation on Enrollment:** *None*

### SECTION E

#### Course Outline Information

##### 1. Student Learning Outcomes:

- A. Know how to cycle safely and with confidence by using the techniques learned in class
2. Identify the major muscle groups of the body that are used with cycling
3. Understand metabolic concepts and how they change during exercise
4. Understand the importance of spinning for a lifetime activity

##### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Level 1 - apply exercise principles of proper warm-up, cool-down, flexibility, strength and cardiovascular training - explain pedal stroke technique, "Push, pull and lift" and the major muscles involved in each phase - define the concepts of resistance and cadence as they relate to the spinning cycle - demonstrate the interrelationship of resistance and cadence on a spinning cycle  
Level 2 - apply exercise principles of proper warm-up, cool-down, flexibility, muscular strength, muscular endurance and cardiovascular training, including interval training - demonstrate different training "rides" for muscular strength, muscular endurance and speed - analyze the concept of mind/body fitness as it relates to performance on a spinning cycle

B.

##### 3. Course Content

All students will participate in a spinning cycle workout that includes a warm-up, cardiovascular training segment, and a post-training flexibility segment. In addition:

Level 1 students will become proficient at pedal stroke using a "push, pull and lift" technique. They will experiment with resistance and cadence variables and learn about the interrelationship between these two variables. Students will learn to apply the components of fitness: cardiovascular, muscular endurance, and muscular strength to different riding formats. The importance of hydration and proper

nutrition continue to be reinforced through handouts and brief discussions.

Level 2 students will continue to participate in a variety of cycling formats including interval training. Students will experiment with challenging themselves from a physical and psychological standpoint. They will explore the concept of mind/body fitness as it relates to efforts on the spinning cycles and to other challenges in life.

Level 3 students will demonstrate and model proper technique as a peer mentor for beginning students.

#### **4. Methods of Instruction:**

**Activity:** Students will ride the indoor bike as instructed

**Projects:** Students will keep food and exercise logs

**Other:** Students will be required to participate in training activities daily. Students will also be required to keep logs.

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

#### **Typical classroom assessment techniques**

Exams/Tests -- Students will be tested on training techniques

Projects -- Goal Setting

Class Participation -- Riding daily

Final Exam -- training techniques and bike set up

Additional assessment information:

Students will keep and exercise log and calculate their target heart rate.

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Writing Assignments

Written assignments include maintaining an exercise log, diet log, goal setting, journal, and target heart rate. Students will be required to read specific handouts provided by the instructor, i.e. water and nutrition.

#### **7. Required Materials**

##### **A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: John Howard  
Title: Mastering Cycling  
Publisher: Human Kinetics  
Date of Publication: 2010  
Edition: First

Book #2:

Author: David Ertl  
Title: 101 Cycling Workouts: Improve Your Cycling Ability While Adding Variety to Your Training Program  
Publisher: Morgan James

Date of  
Publication: 2009  
Edition: 1st

**B. Other required materials/supplies.**

- Students will be required to provide themselves with a towel and a water bottle for proper hydration.