

PE135 : Adapted Indoor Cycling For Fitness

General Information

Author:	• Erin Calderone
Course Code (CB01) :	PE135
Course Title (CB02) :	Adapted Indoor Cycling For Fitness
Department:	PE
Proposal Start:	Winter 2025
TOP Code (CB03) :	(0835.80) Adapted Physical Education
CIP Code:	(51.2309) Therapeutic Recreation/Recreational Therapy.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000576227
Curriculum Committee Approval Date:	05/08/2024
Board of Trustees Approval Date:	06/18/2024
Last Cyclical Review Date:	05/08/2024
Course Description and Course Note:	PE 135 offers students with disabilities instruction in indoor cycling. Indoor cycling is a low-impact, non-weight-bearing physical activity, which enhances cardiorespiratory and muscular performance. The course promotes physical, as well as mental and emotional well-being. Various cycling routines are performed on a stationary spinning bicycle accompanied by both auditory and visual cues. Note: This course is primarily designed for students who meet Title 5 eligibility requirements for Disabled Student Programs and Services (DSPS).
Justification:	Mandatory Revision
Academic Career:	• Credit
Author:	No value

Academic Senate Discipline

Primary Discipline:	• Physical Education (Adapted): Disabled Students Programs and Services
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08) Course is not a basic skills course.	Course Special Class Status (CB13) Course is designated as an "approved special class" for students with disabilities.	Grading Basis • Grade with Pass / No-Pass Option
<input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge	Pre-Collegiate Level (CB21) Not applicable.	Course Support Course Status (CB26) Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area	Area	Status	Approval Date	Comparable Course
E-Lifelong Learning and Self-Development	Lifelong Learning and Self-Development	Approved	08/28/2023	No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)	1
Maximum Credit Units (CB06)	1
Total Course In-Class (Contact) Hours	54
Total Course Out-of-Class Hours	0
Total Student Learning Hours	54

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience
 Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	54
Studio	0
Total	54

Course Out-of-Class Hours

Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Advisory

PE134 - Adapted Wellness And Fitness Laboratory

Objectives

- Evaluate their level of fitness with regard to the four major areas of health related fitness: body composition, cardiovascular efficiency, muscular strength and endurance and flexibility.
- Identify areas of personal fitness needing improvement.
- Identify positive lifestyle habits with regard to exercise and its relationship to nutrition, weight control and stress management.
- Create a personalized workout program through communication with the instructor which leads to improved fitness.
- Assess their personal responsibility in maintaining their health.
- Create a plan to maintain an acceptable level of fitness.

Entry Standards

Entry Standards

Participate in an individual and group environment.

Demonstrate and maintain a positive attitude.

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction

Demonstrations

Methods of Instruction

Multimedia

Methods of Instruction

Laboratory

Methods of Instruction

Discussion

Methods of Instruction

Presentations

Methods of Instruction

Collaborative Learning

Out of Class Assignments

- Individual or group project (e.g. create an indoor cycling ride profile)
- Pre- and post- test evaluations (e.g. target heart rate and fitness goals progress)
- Journaling (e.g. nutritional and sleep analysis)

Methods of Evaluation

Evaluation

Presentation (group or individual)

Exam/Quiz/Test

Exam/Quiz/Test

Exam/Quiz/Test

Rationale

Practical examination (e.g. skills assessment)

Individual or group project presentations (e.g. present an indoor cycling ride profile to the class)

Quizzes

Midterm examination

Final examination.

Textbook Rationale

No Value

Textbooks

Author

Title

Publisher

Date

ISBN

No Value

No Value

No Value

No Value

No Value

Other Instructional Materials (i.e. OER, handouts)

Description	No textbook required. Instructor may provide handouts and protocols.
Author	No value
Citation	No value
Online Resource(s)	

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Utilize any necessary adapted techniques for participation in an indoor cycling class.

Perform a continuous indoor cycling workout using proper cycling technique.

Calculate target heart rate zones for the purpose of establishing a safe, effective personal indoor cycling workout.

Explain the basic principles of exercise as they apply to indoor cycling.

Compare and contrast the effectiveness of non-weight bearing, low-impact indoor cycling exercise with respect to injury prevention.

SLOs

Demonstrate the ability to synthesize appropriate music choices with appropriate profile selections. Expected Outcome Performance: 70.0

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or
 Core methodologies to solve unique problems.
ILOs

Demonstrate competency in setting up and utilizing proper techniques on a stationary cycle for an indoor cycling fitness workout in a safe manner while using any necessary adaptations. Expected Outcome Performance: 70.0

PE Demonstrate and apply the fundamental skills, knowledge, etiquette and vocabulary used in the practice and performance of individual
 Core activities
 PLOs

ILOs Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or
 Core methodologies to solve unique problems.
ILOs

Relate their understanding of the value and significance of physical activity for improving their fitness, health, and quality of life. Expected Outcome Performance: 70.0

ILOs Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal
 Core contexts within or across multiple modes of communication.
ILOs

Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

No value

Laboratory/Studio Content

Cycle Preparation and Personal Set-up for Safety and Injury Prevention (2 hours)

- Seat adjustment
- Handlebar position
- Pedal strap set-up
- Flywheel with resistance adjustment
- Hydration and dress for indoor cycling

Body Positioning while Cycling for Safety and Injury Prevention (2 hours)

- Getting onto and off of the cycle
- Seated position(s)
- Standing position: when to perform it and proper form
- Handle bar position
- Pedaling resistance/form
- Applying personal adaptations as necessary

Principles of Cardiovascular Exercise (4 hours)

- Physiological benefits
- Application of the principles of exercise to indoor cycling
- Indications of overtraining; determining balance of daily exercise using the principles of exercise

Properly Executing the Exercise Session (46 hours)

- Calculating target heart rate (THR) for determination of exercise intensity
- Learning to listen for and follow instructor's cues and musical cues
- Warm-up: length and type
- Aerobic activity: length and "cycling journey" based on THR
- Cool-down: length and type based on recovery heart rate
- Mixing continuous and interval types of indoor cycling training for enhancement of higher levels of fitness (for more advanced exercisers)
- Learning to utilize any necessary adapted techniques

Total hours: 54

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

GCC Major Requirements

Physical Education

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

Yes

Were there any DEIA changes made to this outline?

Yes

If yes, in what areas were these changes made:

- SLO's

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value