Degree Applicable
Course ID 003020

Glendale Community College
February 2015

COURSE OUTLINE

Physical Education 111
Intermediate Indoor Cycling for Fitness
Previously Physical Education 121 Intermediate Indoor Cycling for Fitness

I. Catalog Statement

Physical Education 111 offers instruction in indoor cycling dealing with basic cardiovascular fitness which is achieved through general cycling, fast cycling, sprints, intervals, and climbing. Cycling safety, bike fit, and heart rate training are incorporated with choreographed workouts.

Total Lecture Units: 0.0
Total Laboratory Units: 1.0
Total Course Units: 1.0

Total Lecture Hours: 0.0
Total Laboratory Hours: 48.0
Total Laboratory Hours To Be Arranged**:** 0.0
Total Faculty Contact Hours: 48.0

Prerequisite: PE 110

Note: This course may not be taken by students who have completed PE 121 prior to Spring 2016

II. Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- 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;
- analyze the effectiveness of the non-weight bearing, low-impact indoor cycling exercise, as compared to other aerobic activities, with respect to injury prevention.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- explain the intermediate principles of exercise as they apply to indoor cycling;
- analyze and explain the effectiveness of the non-weight bearing, low impact indoor cycling exercise, as compared to other aerobic activities with respect to injury prevention.

IV. Course Content — Total Faculty Contact Hours = 48.0

A. Review Cycle Preparation and Personal Set-up for Safety and Injury Prevention **(5 hours)**
   1. Seat adjustment
   2. Handle bar position
   3. Pedal strap set-up
   4. Fly wheel with resistance adjustment
   5. Hydration and dress for indoor cycling

B. Review Safety Techniques **(5 hours)**
   1. Use of toe straps
   2. Fly wheel momentum
   3. Leg spacing
   4. Emergency brake
   5. Secure all adjustments and bolts

C. Training Profile – Daily to Weekly **(5 hours)**
   1. Recovery
   2. Sprints
   3. Endurance
   4. Hills
   5. Intervals

D. Cardiovascular fitness **(5 hours)**
   1. Resting heart rate
   2. Training heart rate
   3. Recovery heart rate

E. Riding Positions and Cycling Techniques (pedaling and torso positions) **(25 hours)**
   1. Hand position #1 – relates to regular cycling or sprinting
   2. Hand position #2 – relates to seated climb, walk, run
   3. Hand position #3 – relates to standing climb or sprinting
   4. Jump position – combination of related, aforementioned positions

F. Review Preventing Overtraining and Burnout **(3 hours)**
   1. Principles of exercise
   2. Application of the principles of exercise to indoor cycling
   3. Indications of overtraining – determine balance of daily exercise using the principles of exercise.

V. Methods of Instruction

The following methods of instruction may be used in the course:

- lecture
- demonstration;
- instructor led warm-up (e.g. aerobic portion, cool-down, and flexibility segments of class).

VI. Out of Class Assignments

The following out of class assignments may be used in the course:
- self evaluation (e.g. written assignment about cardio improvement);
- written analysis (e.g. summary of physical and emotional benefits of cycling);
- written description of risks of indoor cycling as compared to other physical activities.

VII. Methods of Evaluation

The following methods of evaluation may be used in the course:
- midterm assessment;
- group project (e.g. groups create their own rides and perform);
- final exam.

VIII. Textbook(s)

American College of Sports Medicine. *ACSM's Complete Guide to Fitness and Health.* Philadelphia: Lippincott Williams & Wilkins, 2011. Print.
10th Textbook Reading Level. ISBN-13: 9780736093378/0736093370

IX. Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:
- demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- perform proper bike set-up;
- analyze and explain their progress using the MYZONE web-based system.