

# **CYCLING PE 110**

## **COURSE OUTLINE AND SYLLABUS**

### **SPRING 2017**

**Section #:** 3234

**Days:** M/W

**Time:** 10:45-12:10AM

**Location:** VG 107

**Office Hours:** Monday - Thursday 9am-10:30pm  
Wednesday 1pm – 2pm  
After Class by appointment

**Instructor:** Jon Gold

**Office:** VG 223

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#### ***COURSE MATERIALS:***

No text required.

MY ZONE Heart Monitor

Bring water and proper athletic gear.

#### ***COURSE DESCRIPTION:***

P.E. 110 offers instruction in indoor cycling, a low-impact, non-weight-bearing physical activity, enhancing cardiorespiratory and muscular performance, and promoting mental and emotional wellbeing. Various cycling routines are performed on a stationary spinning bicycle accompanied by both auditory and visual cues.

#### ***PE 111 STUDENT LEARNING OUTCOMES:***

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

- 1. demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;**
- 2. perform proper bike set-up;**
- 3. analyze and explain their progress using the MYZONE web-based system.**

#### ***KEYS TO SUCCESS:***

To maintain a positive learning environment for all students the following are my classroom expectation:

- Follow and understand the course syllabus. The responsibility of the student is to understand the expectations and **read syllabus before asking questions.**
- Courteously and respectfully listen to others' opinions and ideas.
- Please keep personal conversation to a minimum.
- Inappropriate and disruptive behavior is not acceptable and may be cause for dismissal from class.
- Please be prepared for class by wearing proper athletic shoes, shorts/pants, t-shirts, socks and water.
- Participate in group projects, no excuses!
- **Cell phones must be turned off or put on vibrate and musical devices are not allowed.** Students are **prohibited from leaving class to answer a phone call. Class points will be deducted and is cause for dismissal.**
- All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

### **CHEATING:**

All students are expected to do their own work. All forms of cheating and plagiarism are absolutely forbidden. This is the official policy of Glendale Community College. The following behaviors serve as an operational description of student violations of academic honesty:

1. The student takes or copies answers from another student or source or uses unauthorized materials during a test.
2. The student turns in an assignment (labs, art projects, homework, prewritten or purchased papers, or work downloaded from the Internet) which is not his/her own.
3. The student uses words or ideas which are not his/her own without acknowledgment of the source (plagiarism).
4. The student knowingly deceives an instructor with the intent to improve his/her standing in class.
5. The student submits the same paper or project previously submitted in another class without the permission of the current instructor.
6. The student depends upon tools or assistance prohibited by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments.
7. The student acquires, without permission, tests or other academic materials belonging to a member of the GCC faculty or staff.

When a student engages in academic dishonesty, faculty have the option of requiring the student to see a college counselor, assigning a lower or failing (F) final grade in the course (or denying promotion from a non-credit course).

Honesty is expected. Any effort to copy another student's work during exams or to present another's work as your own will be **PUNISHED WITH A "0" GRADE FOR THE ASSIGNMENT/TEST**. The student will be placed on file with the GCC Vice President of Instruction. Buying or downloading assignments are forms of cheating.

### **EMERGENCIES:**

Emergencies happen. Students who have an unexpected event in their life which prevents them from coming to class, turning in or completing an assignment should communicate the problem as soon as possible. **Tests will only be made up prior to the testing date and there must be a valid reason. Do not call the day before or the day of** a test to re-schedule. There are **NO** make-up exams and the final **CANNOT** be taken early.

### **GRADING:**

	<u>POINTS</u>	<u>POSSIBLE</u>	<u>TOTAL</u>
Participation	10	28	280
Safety Quiz	15	2	30
Group Project	50	1	50
1 Hour Ride	50	1	50
Final Exam	50	1	<u>50</u>
			460

<u>PERCENTAGE</u>	<u>GRADE</u>
100-90 (460 - 415)	A
89-80 (414 - 369)	B
79-70 (368 - 323)	C
69-60 (322 - 277)	D
59-below (<277)	F

**Participation and attendance** is an important part of your overall grade. College rules allow an instructor to drop a student for missing two weeks of class. If a student misses several classes or a test, he/she is responsible for dropping the class. Failure to drop the class will result in an F grade. Coming to class on time and leaving when class is over is a vital part of a student's grade. If you must be late or leave early at any time, please notify me before class.

There will be one **group assignment** issued before spring break. Each group will consist of 3 individuals. The group will design a cycling profile using maneuvers practiced throughout the semester. Each group will receive a profile sheet with instructions on how to create your spin ride. The assignment must be turned in 1 week prior to Coach Ybarra for approval.

There will be a **1 hour ride and a test on spin terminology** on the final date.

***IMPORTANT DATES***

Drop Date for 16 week courses without a "W" **3/4/17**

Drop Date for 16 week courses with a "W" **5/20/17**

**Spring Break April 17-21**