

# **CYCLING PE 110**

## **COURSE OUTLINE AND SYLLABUS**

### **SPRING 2017**

**Section #:** 3233

**Days:** T/TH

**Time:** 9:10-10:35am

**Location:** VG 107

**Office Hours:** Monday and Wednesday 12:15pm-2:30pm  
Tuesday and Thursday 10:40-12pm

**Instructor:** Yvette Ybarra

**Office:** SN Room 100 Office 1

**Telephone:** 818-240-1000 ext.3195

**Email:** yybarra@glendale.edu

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

No text required

Moodle

MYZONE MONITOR (\$60) Required

Bring water, towel and proper athletic gear

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

PE 110 and PE 111 offers instruction in indoor cycling with low-impact and non-weight bearing cardiovascular workouts. Various cycling routines are performed using a stationary spin bicycle accompanied by both auditory and visual cues. This allows each individual to engage their mind, body and emotional well-being.

Indoor cycling for fitness focuses on basic cardiovascular fitness which is achieved through: general cycling, fast cycling, sprints, intervals and hill climbing. Cycling safety, bike fit, heart rate training are incorporated with choreographed workouts.

#### ***PE 110 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. demonstrate proper bike set up;
3. analyze 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 students 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	60
1 Hour Ride	50	1	50
Final Exam	50	1	<u>50</u>
			<b>470</b>
	<u>Point %</u>		<u>GRADE</u>
	<b>100-90%</b>		A
	<b>89-80%</b>		B
	<b>79-70%</b>		C
	<b>69-60%</b>		D
	<b>59%-below</b>		F

### ***PARTICIPATION AND ATTENDANCE:***

Participation and attendance is an important part of your overall grade. Students shall be dropped from class for failure to attend the first class meeting during the first week of instruction if they have not made prior arrangements with the instructor. Students also may be dropped for continuous or cumulative absences for the number of hours a sixteen-week class is scheduled to meet in a two-week period (6 hours or 4 absences). 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 instructor 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 instructor for approval (this is part of your grade).**

There will be a **1 hour ride and a test on spin terminology** on the final date. Final Date is Thursday June 8, 2017 from 9:10am-11:30am.

***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**