

PE 135 Ticket #3252 – ADAPTED INDOOR CYCLING FOR FITNESS SYLLABUS SPRING 2017

Instructor: Laura Matsumoto, MA, OTR/L
Phone: (818) 240-1000 ext. 3192 (LEAVE A MESSAGE)
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Office / Hours: Sierra Nevada 100 #4
Mon., Tue., and Wed. 3:15pm-4:15pm
Via email above & TBA by appointment

Teaching Assistant: Alvar Markarian

Time & Location: Tue. & Thur. 1:40-3:05pm
Verdugo Gym (VG) 107 (in the Fitness Center)

Course Description

This is a 1 unit course that includes instruction in indoor cycling for personal fitness and health, with specific consideration of each student's ability level and any necessary adapted strategies for successful participation.

Course Objectives

The student will strive to complete all required work as scheduled in order to improve his/her skills in safe, effective indoor cycling utilizing any necessary adapted strategies.

Text

The instructor will provide any necessary reading materials for this class – **keep all handouts, as you will be tested on the content.** Please inform instructor immediately if you need materials in an alternate format.

Required Supplies

YOU **MUST** BRING A WATER BOTTLE (ideally 24 oz.) – or you'll have to purchase water for class!

Optional Supplies

Cycling gloves (available at sporting goods stores), personal gel seat, personal heart rate monitor.

Dress Code

Students **MUST** wear **comfortable exercise clothing** (i.e. shorts or tights, t-shirts or other breathable top) **and socks and supportive shoes** (e.g. tennis or cross training) in which they may exercise and move freely. **NO JEANS ALLOWED!**

CELL PHONE USE IS STRICTLY PROHIBITED IN CLASS!!!

Attendance

Students are required to attend all class sessions. Roll is taken every class. Each class will be worth 4 points (1 for attendance + 0-3 for participation). **Excused absences will receive a maximum of 1 point. Unexcused absences will receive 0 points.**

Communication with the instructor: 1) in person **before the day of the absence**; 2) by phone or by e-mail before the absence OR the day of the absence; or 3) by verified documentation (e.g. from a doctor) if you are incapacitated, may be considered by the instructor for excused status. It is to the instructor's discretion to determine whether an absence is excused or unexcused.

Missing more than **4** class meetings cumulatively, may jeopardize a student's grade and could, without prior arrangements made with the instructor, make him/her subject to being dropped from the course.

Please inform the instructor if you have any condition(s) or limitation(s) that might **significantly impact your ability to participate safely** in this class (e.g. heart conditions, seizure disorders, balance limitations, etc.). It is your responsibility to discuss any desired accommodations or alternatives with the instructor immediately.

First Day Drop Policy

The instructor reserves the right to drop no-shows after the first hour of the first class meeting if no prior arrangements were made for the absence.

Examination/Evaluation Procedures (point break down is approximate)

Progress in specific skill areas may be assessed by:

Attendance and observation of **active and safe participation** in class activities and discussions (112-116pts.)

Initial vs. Final Vital Statistics and Body Measurements (50 pts.)

Student Projects and Assignments (EXAMPLES – NOT LIMITED TO THE FOLLOWING):

Target Heart Rate & Goal(s) (100 pts.)

Journals (5 x 20 pts. = 100 pts.)

Create A Ride Project (100 pts.)

Quizzes (2-5 x 20 pts. = 40-100 pts.)

Midterm (25 pts.)

Final Exam (50-100 pts.)

Grading Policy

Approximate breakdown of your final course grade:

Active Effort / Participation in Skills Instruction	35%
Assessments (vital measurements, quizzes, midterm, assignments)	25%
Student Projects	25%
Final Exam	15%

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Make-up Policy

No exam make-ups are allowed without consent of instructor and prior arrangements. Assignments submitted late may incur a penalty of one letter grade or more – dependent upon the tardiness of the submission.

ISSUES OR COMPLAINTS

Please address any issues you may have that are relative to this course ***with me***, either in person during my office hours (see above), by e-mail, or by telephone as early in the semester as possible. If you and I cannot resolve the issue, I will refer you to the Program Manager of DSP&S for an appointment.

Rules & Procedures

1. Students are expected to follow the rules & regulations of Glendale Community College and the Lifestyle Fitness Center, as well as GCC's Academic Honest Policy (see the College Catalog). Any disruptive behavior will be dealt with accordingly and reported to the Program Manager of DSP&S and/or the Dean of Student Affairs.
2. Many students and staff are allergic to fragrances, such as those found in perfume, cologne, hair products, soap, and laundry products. It is essential that ALL people attending this class minimize/eliminate the use of fragrance items. Please be mindful and respect each other's needs.
3. You **MUST** exercise within your own limitations - **LISTEN TO YOUR BODY!**

Important Notes

- Please report any updates to your health condition to the instructor – this is your responsibility as it is crucial to safe exercise instruction.
- This class is for **you**, the student. I am here to facilitate an experience of learning, self-discovery, and exploration. Let's learn from one another, and have fun in a safe and supportive environment. In order to create such an environment, please understand that **you** are expected to keep all in-class discussions **confidential** from others outside of class.
- **The DEADLINE to WITHDRAW** from this class with a "W" notation is **May 20, 2017**. If **YOU** do not drop by this date you will be assigned a grade accordingly. The instructor may attempt to notify you via your GCC e-mail only if you are in jeopardy of failing the class. It is your responsibility to check your GCC e-mail account and make the necessary decision(s).

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Important Notes (cont.)

- **Students must use their GCC student email, as this is the only official communication method used by the instructors (and the college). Failure to check your GCC student email is not an acceptable excuse for missing any vital content, information, or deadlines.**
- All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities

Student Learning Outcomes:

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

1. 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 (e.g. techniques, equipment, etc.).
2. Demonstrate the ability to synthesize appropriate music choices with appropriate profile selections, by participating in the creation of an indoor cycling ride profile, either individually or in a group.
3. Relate his/her understanding of the value and significance of physical activity for improving his/her fitness, health, and quality of life.

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Tentative PE 135 Schedule – SPRING 2017

- Week 1: Course Introduction
Read Class Orientation Handouts
DUE: Paperwork / Initial Vitals & Measurements
- Week 2: Biomechanics, Bike Set-up & Safety
Assignments: Journal 1 and THR & Goal(s) Worksheet
- Week 3: Introduction to Riding Techniques & Ride Profiles
Quiz 1 TBA
- Week 4: Introduction Rides
- Week 5: Endurance Rides – Journal 2 TBA
- Week 6: Endurance Rides
Quiz 2 TBA
- Week 7: Endurance & Strength Rides
- Week 8: **Midterm**
Strength & Interval Rides
- WEEK OF: April 17-22 SPRING BREAK – NO CLASSES!**
- Week 9: Advanced Interval Rides
Quiz 3 TBA
- Week 10: Advanced Interval Rides
Journal 3 TBA
Assignment: Collect music for Create A Ride Project
- Week 11: Advanced Interval Rides
In-class & outside work on Create A Ride Project
Assignment: BRING MUSIC for Create A Ride Project
- Week 12: Advanced Interval Rides or **Student Rides DUE**
Work on Create A Ride Project (outside of class - if needed)
Quiz 4 TBA
- Week 13: **Student Rides DUE (TBD)** – Journal 4 TBA
Work on Create A Ride Project (outside of class - if needed)
Sat. May 20th LAST DAY TO DROP WITH A “W” This is YOUR RESPONSIBILITY!

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Tentative PE 135 Schedule – SPRING 2017 (cont.)

Week 14: Student Rides DUE (TBD)

Work on Create A Ride Project (outside of class - if needed)
Journal 5 TBA

Week 15: June 6th LAST DAY OF CLASS BEFORE FINAL EXAM

Student Ride DUE (TBD)

Final Vitals & Measurements

**Week 16 ** FINAL EXAM SCHEDULE (TO BE CONFIRMED): Tuesday
June 13, 2017 2:30pm – 4:50pm, VG 108 (classroom)**