



COURSE OUTLINE : PE 112
D Credit – Degree Applicable
COURSE ID 010344
Cyclical Review: February 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 112
COURSE TITLE (FULL) : Indoor Cycling III
COURSE TITLE (SHORT) : Indoor Cycling III

CATALOG DESCRIPTION

PE 112 offers instruction in advanced techniques of indoor cycling to improve cardiovascular and muscular fitness, including steady-state training, intervals, hill climbs, sprints and high-intensity interval training (HIIT). Targeting appropriate heart rate zones and arranging various components of training are discussed, as well as programming appropriate revolutions-per-minute (RPM) and music tempo for choreographed workouts.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: PE 111.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				explain the intermediate principles of exercise as they apply to indoor cycling;	Yes
2				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.	Yes

EXIT STANDARDS

- 1 analyze an indoor cycling program as it relates to fitness and performance goals;
- 2 explain and apply advanced principles of exercise as they apply to indoor cycling;
- 3 apply effective indoor cycling techniques to design an indoor cycling workout session.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 perform proper bike set-up;
- 3 apply principles of exercise to indoor cycling using the MYZONE web-based system.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Review Cycle Preparation and Personal Set-up for Safety and Injury Prevention <ul style="list-style-type: none"> • Seat adjustment • Handle bar positions • Pedal strap set-up or cycling shoe clip-in • Fly wheel with resistance adjustment • Hydration and dress for indoor cycling 	0	6	6
2	Review Safety Techniques <ul style="list-style-type: none"> • Use of toe straps or clip-in cycling shoes • Fly wheel momentum • Leg spacing • Emergency brake • Secure all adjustments and bolts 	0	6	6



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3	<p>Training Profile–Daily to Weekly</p> <ul style="list-style-type: none"> • Recovery • Endurance • Flat Roads • Jumping • Hill Training • Sprinting • Intervals • High Intensity Interval Training (HIIT) 	0	6	6
4	<p>Cardiovascular fitness</p> <ul style="list-style-type: none"> • Resting heart rate • Training heart rate zones • Steady-state, intervals, sprinting and race-pace heart rate zones • Recovery heart rate • Using the MYZONE heart rate monitor for various training techniques 	0	6	6
5	<p>Riding Positions and Cycling Techniques (pedaling and torso positions)</p> <ul style="list-style-type: none"> • Hand position #1 – relates to regular cycling or sprinting • Hand position #2 – relates to seated climb, walk, run • Hand position #3 – relates to standing climb or sprinting • Jump position – combination of related, aforementioned positions • Revolutions-per-minute (RPM) • RPM for flat roads • RPM for hills • RPM for sprints • Music tempo 	0	26	26
6	<p>Review Preventing Overtraining and Burnout</p> <ul style="list-style-type: none"> • Principles of exercise • Application of the principles of exercise to indoor cycling for fitness and performance goals • Indications of overtraining – determine balance of daily exercise using the principles of exercise. 	0	4	4
				54



OUT OF CLASS ASSIGNMENTS

- 1 self evaluation (e.g. written assignment about cardio improvement)
- 2 written analysis (e.g. summary of fitness performance benefits of cycling)
- 3 written design of indoor cycling workout session

METHODS OF EVALUATION

- 1 midterm assessment
- 2 project (e.g. design and perform an indoor cycling workout session)
- 3 final exam

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
ACSM's Complete Guide to Fitness and Health.	Supplemental	Lippincott Williams &Wilkins	2	Print, ebook	Barbara Bushman	9781492533672	2017