



**COURSE OUTLINE: PE 111**  
**D Credit – Degree Applicable**  
**COURSE ID 003020**  
**JUNE 2019**

**COURSE DISCIPLINE:** PE  
**COURSE NUMBER:** 111  
**COURSE TITLE (FULL):** Indoor Cycling II  
**COURSE TITLE (SHORT):** Indoor Cycling II

**CATALOG DESCRIPTION**

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

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 110.



**ENTRY STANDARDS**

	Subject	Number	Title	Description	Include
1				Perform a continuous indoor cycling workout using proper cycling technique;	Yes
2				calculate target heart rate zones for the purpose of establishing a safe, effective personal indoor cycling workout;	Yes
3				explain the basic principles of exercise, as they apply to indoor cycling;	Yes
4				analyze 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 Explain the intermediate principles of exercise as they apply to indoor cycling;
- 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.

**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 analyze and explain their progress 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"> <li>• Seat adjustment</li> <li>• Handle bar position</li> <li>• Pedal strap set-up</li> <li>• Fly wheel with resistance adjustment</li> <li>• Hydration and dress for indoor cycling</li> </ul>	0	5	5
2	Review Safety Techniques <ul style="list-style-type: none"> <li>• Use of toe straps</li> <li>• Fly wheel momentum</li> <li>• Leg spacing</li> <li>• Emergency brake</li> <li>• Secure all adjustments and bolts</li> </ul>	0	5	5



3	Training Profile – Daily to Weekly <ul style="list-style-type: none"> <li>• Recovery</li> <li>• Sprints</li> <li>• Endurance</li> <li>• Hills</li> <li>• Intervals</li> </ul>	0	5	5
4	Cardiovascular fitness <ul style="list-style-type: none"> <li>• Resting heart rate</li> <li>• Training heart rate</li> <li>• Recovery heart rate</li> </ul>	0	5	5
5	Riding Positions and Cycling Techniques (pedaling and torso positions) <ul style="list-style-type: none"> <li>• Hand position #1 – relates to regular cycling or sprinting</li> <li>• Hand position #2 – relates to seated climb, walk, run</li> <li>• Hand position #3 – relates to standing climb or sprinting</li> <li>• Jump position – combination of related, aforementioned positions</li> </ul>	0	31	31
6	Review Preventing Overtraining and Burnout <ul style="list-style-type: none"> <li>• Principles of exercise</li> <li>• Application of the principles of exercise to indoor cycling</li> <li>• Indications of overtraining – determine balance of daily exercise using the principles of exercise.</li> </ul>	0	3	3
				<b>54</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 self evaluation (e.g. written assignment about cardio improvement);
- 2 written analysis (e.g. summary of physical and emotional benefits of cycling);
- 3 written description of risks of indoor cycling as compared to other physical activities.

**METHODS OF EVALUATION**

- 1 midterm assessment;
- 2 group project (e.g. groups create their own rides and perform);
- 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	Philadelphia: Lippincott Williams & Wilkins		Print	American College of Sports Medicine	978149253 3 672	2017