



MASTER COURSE OUTLINE

Prepared By: Cindy Nielsen

Date: December 2, 2019

COURSE TITLE

Indoor Cycling / Spinning

GENERAL COURSE INFORMATION

Dept.: PEH

Course Num: 130

(Formerly:)

CIP Code: 31.0501

Intent Code: 11

Program Code:

Credits: 1

Total Contact Hrs Per Qtr.: 22

Lecture Hrs: 0

Lab Hrs: 22

Other Hrs: 0

Distribution Designation: PEH Activity Credit AC

COURSE DESCRIPTION (as it will appear in the catalog)

Indoor cycling, often also called spinning, as an organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. May be repeated for up to three (3) credits.

PREREQUISITES

None

TEXTBOOK GUIDELINES

None

COURSE LEARNING OUTCOMES

Upon successful completion of the course, students should be able to demonstrate the following knowledge or skills:

1. Students will demonstrate the ability to use an indoor spinning bike to improve their cardiovascular capabilities.
2. Students will practice interval training.

INSTITUTIONAL OUTCOMES

None

COURSE CONTENT OUTLINE

1. How to use an indoor spinning bike
2. Interval training
3. High intensity conditioning

DEPARTMENTAL GUIDELINES (optional)

Grades in this class will be based on attendance and participation. Workouts will be worth a specific amount of points that collectively make up the total points for the course.

PO5 should be assessed: Students will be able to solve problems by gathering, interpreting, combining and/or applying information from multiple sources.

DIVISION CHAIR APPROVAL

DATE