CENTRAL TEXAS
COLLEGE SYLLABUS
FOR KINE 1114 SPIN
BIKE I

INSTRUCTOR ________________

OFFICE HOURS ________________

I. INTRODUCTION:

A. The purpose of this course is to provide the participants with the basic
   skill and knowledge needed to develop and implement safe, effective and realistic
   fitness program.
B. This course meets curriculum requirements for the Central Texas College programs
   for an Associate Degree and the transferability of courses to other institutions.

II. LEARNING OUTCOMES: Upon successful completion of this course the student will:

A. Participate in various types of rides to include: Strength, endurance, interval and
   recovery.
B. Learn how to monitor aerobic intensity.
C. Assess their current levels of fitness.
D. Follow the recommendation for adequate nutritional habits.
E. Set realistic goals.
F. Gain an understanding of basic fitness principles and safety guidelines.

III. INSTRUCTIONAL MATERIALS:

The instructional materials identified for this course are viewable through
www.ctcd.edu/books

III. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

1. Attend class regularly.
2. Be on time.
3. Suit out in proper dress
4. Pass written examinations. GRADE
COMPUTATION

Participation = 50%  
Skill Evaluation = 25%  
Written Examinations = 25%

*Participation grade will include suiting out in proper attire, positive contributions to class and team efforts, promptness in beginning activities, constant and maximum effort toward activity objectives, and demonstration of good sportsmanship.

- **There will be no make-up classes.**

ATTENDANCE PROCEDURES:

A. It is the student’s responsibility to sign the attendance sheet before the beginning of each class. Students arriving 5 minutes after class has started will be counted tardy.  
Students arriving 15 minutes after class has started will be counted absent. Failure to be in class and ready to participate at the beginning of class will also result in a tardy or an absent as rules apply. Students who leave class early without consulting the instructor will also be counted absent. Absences begin with the first day of class.

B. Students who exceed a total of four (4) absences will need to withdraw from this course or they will automatically receive a grade of “F” for this course.

C. Students will have two (2) points deducted from their final grade for each tardy received.

CLASS ATTIRE:

Court shoes or athletic shoes and Athletic/Fitness Attire are the accepted uniform for physical education activity classes. For outside activities when the weather is cold, sweats are acceptable. Because of the special nature of the class, the instructor may make exceptions to the dress policy. Students will not be allowed to attend class unless properly suited out. Students may not participate in street clothes or street shoes (ie., jeans, sweaters, shirts, boat shoes, etc.).

MEDICAL:

A. Students who have a health problem should obtain a document from a physician explaining the program and an approval for participation in the activity in which the student is involved. A current physical exam is recommended.

B. Disability Support Services provide services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the
Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

V. COURSE OUTLINE:

A. Lectures and work-outs
   1. Objective: To discuss chapters in text and relate them to activities in class.
      a. Fitness components
      b. Muscle recruitment
      c. Zone training chart
      d. Mind body connection
      e. Nutrition
      f. Strain, pains, and injury
   2. Activities: To develop the health-related components of fitness through Indoor Cycling
      a. Pedaling force
      b. Strength, endurance, interval and recovery rides
      c. Cadence control
      d. Cycling pyramid
      e. Zone training

B. Fitness Assessments:

   1. Pretest to include components of fitness.
   2. Post-test to evaluate improvement in physical condition.

C. Exams

   1. Mid-Term
   2. Comprehensive Final

D. Skills Test

   1. Proper warm-up on cycle
   2. Demonstrate training variety ride
   3. Cool down stretches