

# PHED 41: INDOOR CYCLING: SPIN

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2023
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Cardio Fitness family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Develop improved cardiovascular conditioning through spinning
- Practice safe and effective warm-up and cool-down exercises for cardiovascular training.

## Description

An indoor cycling program to enhance cardiovascular fitness and improve cycling techniques. Emphasis on improving endurance through non-impact activity.

## Course Objectives

The student will be able to:

- Improve cardiovascular endurance through a non-impact activity
- Demonstrate effective and safe riding technique to maximize endurance gains
- Achieve target heart rate in classes ranging from beginners to elite athletes
- Identify and describe the benefits and value of cardiovascular fitness
- Demonstrate the biomechanics of proper pedaling

## Course Content

- Terminology, equipment, and riding guidelines
  - Safety procedures for indoor cycling
  - Proper riding technique and use of equipment
  - Pedaling cadence and proper workload
- Basic skills
  - Technical aspects of cycling
  - Knowledge of varying training terrains in relation to target heart rates
- Training goals and program
  - Identify current fitness level base
  - Develop fitness goals

- Emphasis on improving strength and endurance through class participation

## Lab Content

Lab content may contain but is not limited to:

- Heart rate and how it relates to different levels of fitness
- Basic anatomy—demonstrating knowledge of muscles trained during specific exercise
- Identifying current fitness levels and constructing goals

## Special Facilities and/or Equipment

- Heart rate monitor is encouraged.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access; students need access to indoor cycling equipment.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Subjective evaluation: improvement through individual participation  
Objective evaluation: written test on equipment safety and riding guidelines

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Students will perform physical demonstrations on the bike consistent with the course objectives  
Students will observe instructor through direct instruction, and participate in class to increase endurance as well as knowledge of the bike

## Representative Text(s) and Other Materials

Stonehem, Bill. *Spin Classes Benefits and Guide*. 2016.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- Optional reading and writing exercises based on recommended textbook from instructor

## Discipline(s)

Physical Education