PHED 41A: INDOOR CYCLING: HILLS & SPRINTS

Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	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

Cardio interval exercise set to appropriate cadence music on an indoor bicycle, with periods of aerobic and anaerobic work, mixed with appropriate recovery periods.

Course Objectives

The student will be able to:
A. Demonstrate correct bio-mechanics on an indoor bicycle, including proper seat position and handlebar height.
B. Evaluate and measure personal fitness level and move towards improved cardiovascular endurance.
C. Recognize the purpose of progression in an exercise program.
D. Correlate the impact of heart rate training with the intensity of the intervals being used.
E. Demonstrate an understanding of cadence control as it pertains to both hills and sprints.
F. Recognize physiological and psychological benefits of a regular interval training program.

Course Content

A. Fitness components
1. Muscular endurance, cardiovascular endurance, flexibility and body composition
2. Cardiovascular principle of frequency, activity and duration
B. Basic skills
1. Cadence monitoring as it relates to intervals
2. Heart rate as it relates to interval training
C. Benefits of interval training
1. Trains and conditions both the anaerobic and aerobic energy systems
2. Increases the amount of calories you burn during a single exercise session
3. Metabolic adaptations enable a student to use more fat as fuel under a variety of conditions, therefore improving athletic endurance and fat-burning potential

Lab Content

Lab content may contain, but is not limited to:
A. heart rate and how it relates to different levels of fitness
B. basic anatomy: demonstrating knowledge of muscles trained during specific exercise
C. identifying current fitness levels and constructing goals
D. monitoring calories burned as we do our cardio workout

Special Facilities and/or Equipment

A. Heart rate monitor is encouraged.
B. 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

Written and/or oral evaluation will be made by instructor regarding students' knowledge as related to: Benefits of interval training, types of interval training, safety and injury prevention techniques, benefits of warm up and cool down, fitness components, cadence monitoring, and aerobic exercise prescriptions.

Method(s) of Instruction

Discussion, cooperative learning exercises, oral presentations, laboratory, demonstration.

Representative Text(s) and Other Materials

Hopson, Janet L., Rebecca J. Donatelle, Tanya R. Littrell. Get Fit, Stay Well!. 4th ed. Glenview, IL: Pearson Education, 2017.

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

Optional reading and writing assignments as recommended by instructor.

Discipline(s)

Physical Education