

# PHED 41B: INTERMEDIATE INDOOR CYCLING

## Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
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

- A successful student will be able to evaluate and measure personal fitness level and move towards improved cardiovascular endurance at an intermediate level.
- A successful student will be able to demonstrate an understanding of cadence control as it pertains to both hills and sprints - which relates to "terrain or geography of the intermediate level ride".

## Description

Promotes physical fitness using an indoor stationary bike. This intermediate indoor cycling course focuses on pedaling techniques, safety procedures, and conditioning exercises necessary for intermediate-level cycling.

## Course Objectives

The student will be able to:

1. Demonstrate correct bio-mechanics on an indoor bicycle, including proper seat position and handlebar height
2. Evaluate and measure personal fitness level and move towards improved cardiovascular endurance at an intermediate level
3. Recognize the purpose of progression in an exercise program
4. Correlate the impact of heart rate training with the intensity of the "terrain" used
5. Demonstrate an understanding of cadence control as it pertains to both hills and sprints, which relates to "terrain or geography of the intermediate-level ride"
6. Recognize physiological and psychological benefits of an intermediate-level endurance fitness class

## Course Content

1. Terminology, equipment, and riding guidelines for an intermediate rider
  - a. Safety procedures for indoor cycling
  - b. Pedaling cadence and proper workload for the intermediate rider
2. Intermediate skills
  - a. Increased technical aspects of cycling
  - b. Knowledge of varying training terrains in relation to target heart rates
3. Intermediate training goals and programs
  - a. Identify current fitness level
  - b. Develop fitness goals
  - c. Emphasis on improving strength and endurance through class participation

## Lab Content

Lab content may contain but is not limited to:

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

## Special Facilities and/or Equipment

1. Heart rate monitor recommended.
2. 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:

Skill analysis  
Self-assessment  
Peer assessment  
Written quizzes

## Method(s) of Instruction

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

Students will improve their cardiovascular fitness through indoor cycling. Students will complete "rides" where the imaginary terrain is of an intermediate-level with increased difficulty. Students will increase their familiarity with bike set-up and the perceived effort zones used in an intermediate class.

## Representative Text(s) and Other Materials

Stoneham, 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

1. Optional reading and writing assignments recommended by instructor

**Discipline(s)**

Physical Education