

# PHED 41B: INTERMEDIATE INDOOR CYCLING

## Foothill College Course Outline of Record

Heading	Value
<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

- 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:

- Demonstrate correct bio-mechanics on an indoor bicycle, including proper seat position and handlebar height.
- Evaluate and measure personal fitness level and move towards improved cardiovascular endurance at an intermediate level.
- Recognize the purpose of progression in an exercise program.
- Correlate the impact of heart rate training with the intensity of the "terrain" used.
- 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."
- Recognize physiological and psychological benefits of an intermediate-level endurance fitness class.

## Course Content

- Terminology, equipment, and riding guidelines for an intermediate rider
  - Safety procedures for indoor cycling
  - Pedaling cadence and proper workload for the intermediate rider
- Intermediate skills
  - Increased technical aspects of cycling
  - Knowledge of varying training terrains in relation to target heart rates
- Intermediate training goals and programs
  - Identify current fitness level

- 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 recommended.
- 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

The student will demonstrate proficiency by:

- skill analysis
- self-assessment
- peer assessment
- written quizzes

## Method(s) of Instruction

During periods of instruction the student will be:

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

## Representative Text(s) and Other Materials

Stonehem, Bill. [Spin Classes Benefits and Guide](#). CreateSpacePublishing, 2016.

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

Optional reading and writing assignments recommended by instructor.

## Discipline(s)

Physical education