

PE 104 Indoor Cycling
Course Syllabus

Instructor: Dr. Jasmin Hutchinson

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Office Hours: Tue and Thur.

Catalog Description: A basic health course using a modified stationary bicycle to simulate outdoor cycling for both novice and experienced cyclists. Involves a general cardiovascular program focused and defined upon the biomechanics of indoor cycling.

Course Objectives: As a result of this course, the student will be able to:

1. Identify the components of physical fitness.
2. Assess and evaluate ones present physical fitness status.
3. Demonstrate how to improve personal fitness.
4. Explore a variety of exercise programs, particularly indoor cycling.
5. Learn and identify the importance of nutrition in relation to fitness.
6. Design and develop an individualized physical fitness program.
7. Improve and maintain personal fitness.
8. Understand the biomechanical principles of cycling

Course Text:

None. Handouts will be given in class. Lecture notes will be posted to Blackboard

Activities

You will be involved in class discussion and participation, in-class assignments, and PHYSICAL ACTIVITY (i.e. cycling).

Course Outline: See calendar

- All dates and activities are subject to change. Instructor will give proper notice of such change(s)
- Class notes and important updates will be posted on your Blackboard site for this class. You are responsible for all information posted to the Blackboard site.

Methods of Evaluation:

Test 1 = 15%

Participation = 30%

Test 2 = 15%

Workout design = 10%

Test 3 = 20%

Fitness Improvement 10%

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Grading Scale:

100-93%	A	79-77%	C+
92-90%	A-	76-73%	C
89-87%	B+	72-70%	C-
86-83%	B	69-60%	D
82-80%	B-	< 60%	F

Assignments

Exams – Midterm and final. Format will be multiple choice and short answer questions.

Homework Assignments – Various labs assigned from the course text.

Workout Design – Submit a complete workout for an indoor cycling session (details will be given in a handout nearer the time).

Fitness Improvement – Show improvement on a standardized fitness test (the multistage shuttle run) from beginning to end of semester.

***All assignments must be handed in on the due date. All tests must be taken on the day that the test is scheduled. **LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP.** If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with me **before** the day that will be missed.

Class Participation and Contribution:

- To pass this course you must actively participate and contribute during each class meeting. Missing more than THREE classes will result in a **5-point** reduction in your grade **per additional absence**. If you believe you have justification for an absence to be excluded you must discuss this with me in person.
- If you miss three consecutive classes it is my responsibility to report you to the Director of Academic Services
- I will take attendance at the beginning of class. ***You are expected to be on your bike ready to participate at the start of class time.*** Lateness will not be tolerated. Three late arrivals (not in class within 5 min of the start time) will be equivalent to one absence.
- Come to class!! Even if you do not feel well enough to participate there are other ways you can contribute so that your grade will not be penalized – bring your class notes. **You may do this a maximum of three times for the semester.**

Dress Code:

On activity days you must come to class dressed appropriately for physical activity. You will not be allowed to participate if you are dressed inappropriately. As a college student,

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you are responsible for presenting yourself in a professional manner. Cell phones and other electronic devices must be switched OFF during class.

Reasonable accommodation for students with disabilities:

If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc. please speak with me as soon as possible. Students may also contact the Office of Disability Services (404-727-6016) with questions about such services. It is the students responsibility to initiate considerations, all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770-784-4722).

Reminder: Physical activities for this class may include vigorous movement. If you have any medical condition or physical problems that prevent you from full participation in such activity, it is your responsibility to inform me and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course.

The Oxford College Student Honor Code

I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class you are under dictates of the Honor Code. Please see <http://www.college.emory.edu/students/honor.html>

Grade Appeal Process

If you wish to contest the final grade you receive in this class you are to put your request to me in writing within 5 days of final grades being posted. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

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AUGUST	
TH 28	Syllabus and course introduction
SEPTEMBER	
TU 1	<i>Cycling</i>
TH 3	Fitness Test
TU 8	<i>Cycling</i>
TH 10	Lecture 2 (Cardiovascular) and Lecture 3 (Energy systems)
TU 15	<i>Cycling</i>
TH 17	<i>Cycling</i>
TU 22	<i>Cycling</i>
TH 24	Test review and <i>Cycling</i>
TU 29	Test 1
OCTOBER	
TH 1	<i>Cycling</i>
TU 6	<i>Cycling</i>
TH 8	<i>Cycling</i>
TU 13	<i>Fall Break – No class</i>
TH 15	<i>Cycling</i>
TU 20	Lecture 4 (Muscle) & Lecture 5 (Flexibility)
TH 22	<i>Cycling</i>
TU 27	<i>Cycling</i>
TH 29	Test 2
NOVEMBER	
TU 3	<i>Cycling</i>
TH 5	Lecture 6 (Body comp)
TU 10	<i>Cycling</i>
TH 12	Lecture 7 (Nutrition) and Lecture 8 (CV health)
TU 17	<i>Cycling</i>
TH 19	<i>Cycling</i>
TU 24	<i>Cycling</i>
TH 26	<i>Thanksgiving – No class</i>
DECEMBER	
TU 1	<i>Cycling</i>
TH 3	Final exam review, Fitness Test , and course evaluations
TU 8	Test 3 / Final

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