

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

## Course Outline for KIN CYCL3

### CYCLING 3

Effective: Fall 2019

#### I. CATALOG DESCRIPTION:

KIN CYCL3 — CYCLING 3 — 0.50 - 2.00 units

This is an advanced course of fitness through indoor cycling. The cycling program is an individually paced, group training program. Cycling is an exercise performed on a stationary bicycle and is performed usually to music. This course is designed to build upon the base levels of fitness developed in Cycling 1 and Cycling 2 courses while increasing the development cardio-respiratory endurance and overall body strength.

0.50 - 2.00 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Physical Education

Family: Kinesiology Cycling

	<u>MIN</u>	<u>MAX</u>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	108.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- Measure current fitness and formulate an individualized hill-training and cardio conditioning program.
- Demonstrate effective and safe riding technique to maximize endurance gains
- Illustrate a personalized training program based upon fitness training principles
- Identify training methods used to enhance power and strength
- Specify the the body's physiological responses when a person performs hill-climbing, power and strength (anaerobic) exercise.
- Identify the the body's physiological responses when a person performs hill-training, strength (anaerobic) exercise.
- Integrate and organize conditioning and training goals based upon training principles and hill-training conditioning.

#### V. CONTENT:

- Introduction to Equipment
  - Footwear/shoelaces
  - Seat and post height positioning
  - Fore and aft seat positioning
  - Handlebar height adjustment
  - Pedals and Toe straps
  - Hydration and Towels
  - Appropriate attire
- Biomechanics and Proper Technique of Cycling
  - Hand positions
  - Core Movements
  - Seated flats
  - Standing flats
  - Seated hills
  - Standing hills
  - Jumps
  - Warm up, Flexibility Work and Cool Down
- Description of Proper Breathing Techniques
  - Breathing and abdominals
  - Visualization techniques
  - Relaxation Techniques
- Pedaling Cadence and Proper Workload
  - Hill-training Routines
  - Jumps
  - Sprints

- 4. Timed Combination Workouts
- E. Effects of Resistance
  - 1. Jumping on a hill
  - 2. Running with resistance
  - 3. Sprinting on a hill
  - 4. Rhythm release and pedal efficiency
- F. Cycling Technique and Practice
  - 1. Instructor guided rides
  - 2. Heart Rate Monitoring
  - 3. Resting Heart Rate
  - 4. Activity Heart Rate
  - 5. Heart Rate Zone
  - 6. Rate of Perceived Exertion
  - 7. Recovery Heart Rate
- G. Health Risks Associated with Sedentary Lifestyle
  - 1. Obesity
  - 2. Diabetes
  - 3. Heart Disease

#### VI. METHODS OF INSTRUCTION:

- A. **Lab -**
- B. **Audio-visual Activity -**
- C. **Classroom Activity -**
- D. **Individualized Instruction -**
- E. **Guest Lecturers -**
- F. **Observation and Demonstration -**
- G. **Demonstration -**

#### VII. TYPICAL ASSIGNMENTS:

- A. Students are required to turn in written assignments that are designed to develop problem solving in relationship to sprint cycling conditioning requirements.
- B. Specific reading assignments from the designated instructional materials are assigned on a regular basis throughout the semester.
- C. Laboratory activity is designed for development of student understanding and skill within the course content.
- D. A series of exercises/activities to warm-up the body and focuses the mind on the body's potential for movement.
- E. Instructor or student demonstration of each exercise/skill, the students must then analyze the exercise/activity for mechanics and sequence.

#### VIII. EVALUATION:

##### **Methods/Frequency**

- A. Quizzes  
2-3 times per semester
- B. Class Participation  
assessed daily
- C. Class Performance  
assessed daily

#### IX. TYPICAL TEXTS:

- 1. Fahey, Thomas, Paul Insel, and Walton Roth. *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*. 12 ed., McGraw-Hill, 2016.
- 2. Shechtman, Norma. *Indoor Cycling: Basics & Beyond Print CE*. 3 ed., Human Kinetics, 2015.
- 3. Hobson, W., & Friel, D. . Workouts in a Binder® for Indoor Cycling. Velopress , 2015.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS: