

South Plains College
Department of Physical Education
PHED 1105
Indoor Cycling

Instructor: Ryan Heth

Office: Physical Education Building #107

Office Hours: Will Discuss

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Purpose: Students will master the skills, principles, and fitness level to become proficient at indoor cycling. Concepts of heart rate training, hydration, nutrition, and leg conditioning will also be addressed. To also promote indoor cycling and cycling in general as a lifetime activity.

Outcomes:

- Illustrate proper bike set-up, safety procedures, and riding technique. This outcome will be measured by observation of instructor.
- Calculate target heart rate and apply it to a structured interval workout. This outcome will be measured by quiz 1 and final exam.
- Identify and implement cycling technique and terminology. This outcome will be measured by quiz 1 and final exam.
- Recognize muscles involved in indoor cycling. This outcome will be measured by quiz 2 and final exam.
- Analyze aspects of good nutrition and its implications for sport performance, physical fitness, and wellness. This outcome will be measured by quiz 2, and final exam.
- Execute specific cycling drills: flats (sprints), seated climbs, standing climbs and jumps. This outcome will be measured by observation of instructor.

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Do not wear jeans! Athletic shoes only! Students will lose 3 points off of their attendance/participation grade if they are not dressed properly.
- Positive attitude
- Willingness to follow instruction
- Participation in class activities

I. Grading Policy

Final grades will be determined as follows:

- 2 Tests @ 75 points each: 150 points
- 1 Final @ 100 points each 100 points
- Attendance @ 50 points 50 points
 - 10 points deducted for each absence up to 5 absences. ON your 6th absence you will be dropped! No Exceptions!!

Total: 300 points

| Final Grade | Point Percentage | Point Total |
|--------------------|-------------------------|--------------------|
| A | 90-100% | 270-300 |
| B | 80-89% | 240-269 |
| C | 70-79% | 210-239 |
| D | 60-69% | 180-209 |
| F | Below 60% | Below 180 |

A. Attendance/ participation (refer to attendance policy

(These are subjective evaluations of the instructor.)

- Attendance Records (by instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles, and videos.
- If a test is missed, it must be taken the first day you return to class.

D. Final Exam

- The final exam will be comprehensive.

II. Attendance Policy:

Students need to inform me prior to an absence due to a school sponsored activity.

- If you are late to class, depending on the amount of time you are late, I will determine if it will be recorded as a tardy or absence. Same rule applies when a student LEAVES CLASS EARLY.
- NP's occur when a student is in attendance but cannot participate due to illness or injury. NP's are not to be used to study for exams or work on other class projects. 2 NP's = one (1) absence.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.

TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE

CLASS. This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

III. Additional Information:

- A. Lockers are free. First come first serve. Locks need to be removed at the end of the semester.
- B. We do not provide towels.
- C. No cell phones!
- D. No food or drink in class. Water is acceptable.
- E. Do not eat a heavy meal prior to class.
- F. Use the restroom prior to class.
- G. Hats are allowed.

IV. I will use the remind 101 app to communicate with you throughout the semester. You are not able to text me back through this app so use the email or telephone number provided to you on this syllabus if you need to contact me. Thank you

PHED 1105 Indoor Cycling Ryan Heth's personal page

All class days will begin with a warm up stretching and cardio session. This will involve jogging, walking, lunges, stairs, pushups, sit ups, sprints, squats, etc.

This schedule is tentative and subject to change.

Day 1: Course Introduction and information. Discuss syllabus and take a quiz over the syllabus.

Day 2: Par Q and U sheet, student information sheet. Hand out cycling information sheet.

Day 3: 10 mile pre test ride. Watch video over bike set up and begin to ride. Check Body Weight/RHR

Day 4: Review- flat, sprint, run, climb, jump, and hovers.

Day 5: Workout- flat, sprints, runs, climbs, jumps (2, 4, 8 count) Condors Killers

Day 6: Workout- flats, climbs, sprints, team sprints, intervals, pyramids

Day 7: Workout- short intervals, team sprints, pyramids

Day 8: Workout- seated climbs, jumps, fast-faster- fastest-
Quiz 1 Review

Day 9: Workout- "Notorious Trick Loop" 35- 40 minute ride

Day 10: Workout- "Holy Hard" 35 minute ride

Day 11: Workout- "4 Big Hills" 40 minute interval ride
Take Quiz 1.

Day 12: Workout- 1 mile jog. Watch "Super Size Me".

Day 13: Workout- "The Ultimate Death- legs will scream! – Advanced Ride!!!" 55 minute ride

Day 14: Workout- "Music is the Answer" 45 minute ride

Day 15: Watch the rest of "Super Size Me"

Day 16: Workout- "Two Right, One Left" 50 minute ride
Quiz 2 Review

Day 17: Workout- "Sprint Pyramids" 50 minute ride

Day 18: Workout- "Sprint Pyramids" 50 minute ride
Take Quiz 2.

Day 19: Workout- "Break and Chase" 50 minute ride

Day 20: Workout- "Sprint Pyramids" with "Break and Chase" 60 minute ride

Day 21: Workout- "Sprint Pyramids" with "Monster Hill Climb" 60 minute ride

Day 22: Workout- "Monster Hill Climb" 45 minute ride

Day 23: Workout- "Spin Drills- Gonna make you sweat" 50 minute ride

Day 24: Workout- "Body Fat Burn" – 50 minute ride

Day 25: Workout- "Loops of Fury" 55 minute ride

Day 26: Workout- "Velodrome Sprints" 55 minute ride

Day 27: Workout- "Torture" 55 minute ride

Day 28: Workout- "Spin O Refic" 55 minute ride

Day 29: Workout- "Pyramid Climbs- Legs of Steel – A strength Class" 55 minute ride

Day 30: Workout- 10 mile ride post test.- Gym Activity – Check Body Weight/ RHR

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Campus Concealed Carry –

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at:
(http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php)

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

I _____ have read and understand all the information on this syllabus for PHED_____.

Print name_____

Date_____

Phone # _____

Write your phone number and email legibly!!!!

E-mail_____

Are there any health issues we should be concerned about before you start this program? (circle one)

No

If yes, please explain:

***Sign and complete this form and turn it in to the instructor.**