PEAC120-Spinning® Class – Fall 2015- 2 semester hours

Time: M/W-1525pm – 1640pm
Place: Charleston RIDE, 74 Wentworth St, 3rd Floor
Instructor: Alice Keeney, BA, Spinning® Instructor, STAR 3
Office Hours: By Appointment
Office Phone: Charleston RIDE- (843) 737-4878
Contact Email: alicekeeney@gmail.com

Overview:
This course will provide an introduction to basic knowledge and skills of indoor cycling endorsed by Charleston RIDE, an Official Spinning® Facility. Students will be expected to come prepared to ride at every class.

Course Text/Materials:
Heart Rate Monitor required. Course documents will be uploaded to OAKS.

Course Objectives:
Active participation in the course should prepare students to:
1) Develop a basic understanding of knowledge and skills of the indoor cycling program taught at Charleston RIDE, an officially licensed Spinning facility.
2) Track heart rate with the use of a monitor.
3) Demonstrate a greater awareness of a personal training plan consisting of various types and intensities of aerobic, strength, anaerobic and rest efforts.
4) Establish an enjoyment for indoor cycling while incorporating sound training principles.

Requirements:
Attendance and Participation

Students are responsible for signing in for class on the sign in sheet each session at the front desk. Students are expected to be on time and dressed appropriately. Students need to bring a water bottle, stiff soled athletic shoes, and wear comfortable athletic clothing. Two points will be deducted for tardiness and one point for inappropriate attire. Cell phone use during class is not permitted; points will be deducted for bringing cell phones into the cycling room. Students have 48 hours to contest an absence. 3 absences are allowed per semester.

Quizzes

Quizzes will be given in class. In the event that you are absent on a testing day, please provide a written explanation of the absence (doctor’s note, etc.) and email the instructor in advance of the session to schedule a make-up test.
Final project/Practicum

The practicum will require that the student demonstrate the ability to control their heart rate and follow cues during a training ride. The student will then have to chart their heart rate data and turn in this data. Attendance is required even if it is not your day to present, as every student will be required to track another athlete’s heart rate. A rubric outlining the final project requirements will be shared after the midterm.

Criteria for Evaluation:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>100</td>
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<tr>
<td>Participation/Heart Rate Monitor</td>
<td>100</td>
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<tr>
<td>Quiz 1 (Bike Setup+Safety)</td>
<td>25</td>
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<td>Quiz 2 (Body+Hand Positions)</td>
<td>25</td>
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<tr>
<td>Quiz 3 (Contraindications)</td>
<td>25</td>
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<tr>
<td>Quiz 4 (5 Types of Rides)</td>
<td>25</td>
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<tr>
<td>Final project/Practicum</td>
<td>100</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>400</strong></td>
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Grading Scale:

- A = 93-100%
- A- = 90-92%
- B+ = 88-89%
- B = 83%-87%
- B- = 80-82%
- C+ = 78-79%
- C = 74-77%
- C- =72-73%
- D+ = 70-71%
- D = 68-69%
- D- = 66-67%
- F =<66%

Extra Credit:

Extra credit may be earned by submitting a written report on a topic related to indoor cycling or heart rate training. Such projects must be approved by the instructor on or before November 23rd, 2015. Students will be limited to one extra credit project per semester for a potential of 10 bonus points.

Honor Code:

Students must do their own work. Please see the 2014 - 2015 Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class. Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Students can find the complete Honor Code and all related processes in the Student Handbook at [http://www.cofc.edu/generaldocuments/handbook.pdf](http://www.cofc.edu/generaldocuments/handbook.pdf)

Conduct:

Code language that guides our responses to classroom disruption can be found in the Student Handbook: A Guide to Civil and Honorable Conduct.
Campus Support:
This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education "solely by reason of a handicap." Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

Course Schedule:
8/26-W- Class 1-Intro to indoor cycling, bike safety & setup, HR Monitor
8/31-M- Class 2-Quiz 1 (Bike Setup and Safety),
  5 movements on indoor cycling bike, hand positions, contraindications
9/2-W- Class 3-Training RIDE-basic intro ride, resistance, cadence, RPE
9/7-M- Class 4-Quiz 2(5 movements on indoor cycling bike, hand positions )
  Seated Flat, Standing Flat, proper gear/resistance
9/9-W- Class 5-Class 5-Training RIDE- Seated Flat, Standing Flat
9/14-M- Class 6-Seated Climb, Standing Climb
9/16-W- Class 7-Training RIDE- Seated Climb, Standing Climb
9/21-M- Class 8-Quiz 3 (Contraindications)
  Jumps, Sprints
9/23-W- Class 9-Training RIDE- Jumps, Sprints
9/28-M- Class 10-Basic Heart Rate Training Terms and Training Ranges
9/30-W- Class 11-Training RIDE- Controlling Heart Rate
10/5-M- Class 12-Karvonen Method- Finding your HR Ranges
10/7-W- Class 13-Training RIDE
10/12-M- Class 14-5 types of Rides
10/14-W-Class 15-Training RIDE
10/21-W- Class 16-Lactate Threshold Training Ride
10/26-M- Class 17-Endurance Ride
10/28-W- Class 18-Training RIDE-Endurance
11/2-M- Class 19-Interval Ride
11/4-W- Class 20-Training RIDE-Interval
11/9-M- Class 21-Strength Ride
11/11-W- Class 22-Training RIDE-Strength
11/16-M- Class 23-Race Day Ride-Explanation and RIDE
11/18-W- Class 24-Recovery Ride-Explanation and RIDE
11/23-M- Class 25-Quiz 4 (5 Types of Rides)
  Explanation of Practicum + Review
11/30-M- Class 26-Heart Rate Practicum-Group 1
12/2-W- Class 27-Heart Rate Practicum-Group 2
12/7-M- Class 28-Journey RIDE, Turn in Final

*The syllabus is subject to change at the discretion of the instructor.*