PEAC120-Spinning® Class – Fall 2016- 2 semester hours

Time: M/W-1525pm – 1640pm
Place: MUSC Wellness Center
Instructor: Alice Keeney, BA, Spinning® Instructor, STAR 3
Office Hours: By Appointment
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: POLAR H7 Bluetooth 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 indoor cycling.
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 need to bring their College of Charleston Student IDs to every class. 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, except to monitor heart rate; points will be deducted for unpermitted cell phone use. Students have 48 hours to contest an absence. 3 unexcused 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>
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<th>Points</th>
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<tbody>
<tr>
<td>Attendance</td>
<td>100</td>
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<tr>
<td>2 Lactate Threshold Rides</td>
<td>100</td>
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<tr>
<td>Quiz 1 (Bike Setup+Safety)</td>
<td>25</td>
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<tr>
<td>Quiz 2 (Body+Hand Positions)</td>
<td>25</td>
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<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>TOTAL</td>
<td>400</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%

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:**

**8/24-W- Class 1**
- Introduction to indoor cycling, bike safety, bike setup
- Liability Waivers
- Assigned bike within the room
- Bike setup and safety
- Make sure you have ordered the Polar H7 or are doing so today!

**8/29-M- Class 2**
- Quiz 1 (Bike Setup and Safety)
- Homework: sleep with your monitor on 3 nights in a row, record numbers. Bring numbers to class

**8/31-W- Class 3**
- Intro Training Ride

**9/5-M-Class 4**
- NO CLASS-LABOR DAY

**9/7-W- Class 5**
- Quiz 2 (5 movements on indoor cycling bike, hand positions)
- Basic Heart Rate Training Terms and Training Ranges
- Karvonen Method- FIND EACH STUDENTS %

**9/12-M- Class 6**
- Lecture on Seated Flat, Standing Flat, RIDE
- Training Ride

**9/14-W- Class 7**
- Lactate Threshold Test One- 50 Points- VERY CRITICAL TO CLASS

**9/19-M- Class 8**
- Review Lactate Threshold results

**9/21-W-Class 9**
- Lecture on Seated Climb, Standing Climb
- Training RIDE

**9/26-M- Class 10**
- Quiz 3 (Contraindications)
- Training RIDE
9/28-W- Class 11
   -Training RIDE

10/3-M-Class 12
   -5 types of Rides

10/5-W- Class 13
   -Training RIDE

10/10-M- Class 14
   -Lecture Endurance Ride+RIDE

10/12-W-Class 15
   -Training RIDE

10/17-M- Class 16***MIDTERM***
   -Lecture Interval Ride+ RIDE

10/19-W- Class 17
   -Training RIDE

10/24-M-Class 18
   -Lecture Strength Ride+ RIDE

10/26-W-Class 19
   -Training RIDE

10/31-M-Class 20
   -Race Day Ride Lecture and RIDE

11/2-W-Class 21
   -Recovery Ride-Explanation and RIDE

11/9-W- Class 22
   -Lactate Threshold Test Two- 50 Points-VERY CRITICAL TO CLASS

11/14-M-Class 23
   -Quiz 4 (5 Types of Rides)
   -Review and Comparison of Lactate Threshold Test Two Results

11/16-W-Class 24
   -Instructors Choice Training Ride

11/21-M-Class 25
   -Explanation of Practicum + Review

11/28-M- Class 26
   -Heart Rate Practicum-Group 1
11/30-W- Class 27
   -Heart Rate Practicum-Group 2

12/5-M- Class 28
   -Instructor Evaluation
   -Turn in Final

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