PEAC120-Spinning® Class – Spring 2016- 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: 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 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.

Student Learning Outcome:
As a result of participating in PEAC 120, students will be able to demonstrate the basics of Spinning®, apply heart rate training principles to their training, and in turn improve their overall cardiovascular health.

Students need to participate in rides and perform the different movements on the bike. In doing so, students will lower their resting heart rate, or improve lactate threshold. Students must also show a desire to work on improving general health.

Students must come to ride, giving their best to meet heart rate goals, and be able to perform the different movements on the bike without mimicking the instructor. Ideally, students will lower their resting heart rate by 2 beats or more by the second lactate threshold field test or increase their lactate threshold by 3-5 beats or more by the second lactate threshold field test.

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, 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>
<th>Criteria</th>
<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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<td>Quiz 2 (Body+Hand Positions)</td>
<td>25</td>
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<td>Quiz 3 (Contraindications)</td>
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<td>Quiz 4 (5 Types of Rides)</td>
<td>25</td>
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<tr>
<td>Final project/Practicum</td>
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<td><strong>TOTAL</strong></td>
<td><strong>400</strong></td>
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**Grading Scale:**

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<thead>
<tr>
<th>Grade</th>
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<tbody>
<tr>
<td>A</td>
<td>93-100%</td>
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<tr>
<td>A-</td>
<td>90-92%</td>
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<tr>
<td>B+</td>
<td>88-89%</td>
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<td>B</td>
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<tr>
<td>B-</td>
<td>80-82%</td>
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<tr>
<td>C+</td>
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<td>C</td>
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<tr>
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<td>D</td>
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<td>D-</td>
<td>66-67%</td>
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**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:**

1/11-M- 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!

1/13-W- 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

1/20-W- Class 3
- Intro Training Ride

1/25-M-Class 4
- Quiz 2(5 movements on indoor cycling bike, hand positions)
- Basic Heart Rate Training Terms and Training Ranges
- Karvonen Method- FIND EACH STUDENTS %

1/27-W- Class 5
- Lecture on Seated Flat, Standing Flat, RIDE

2/1-M- Class 6
- Training RIDE

2/3-W- Class 7
- Lactate Threshold Test One- 50 Points-VERY CRITICAL TO CLASS

2/8-M- Class 8
-Review Lactate Threshold results

2/10-W-Class 9
- Lecture on Seated Climb, Standing Climb
- Training RIDE

2/15-M-Class 10
- Quiz 3 (Contraindications)
- Training RIDE

2/17-W-Class 11
- Training RIDE

2/22-M-Class 12
- 5 types of Rides

2/24-W-Class 13
- Training RIDE

2/29-M-Class 14
- Lecture Endurance Ride+RIDE

3/2-W-Class 15
- Training RIDE

3/14-M-Class 16-***MIDTERM***
- Lecture Interval Ride+RIDE

3/16-W-Class 17
- Training RIDE

3/21-M-Class 18
- Lecture Strength Ride+ RIDE

3/23-W-Class 19
- Training RIDE

3/28-M-Class 20
- Race Day Ride Lecture and RIDE

3/30-W-Class 21
- Recovery Ride-Explanation and RIDE

4/4-M-Class 22
- Lactate Threshold Test Two- 50 Points-VERY CRITICAL TO CLASS

4/6-W-Class 23
- Quiz 4 (5 Types of Rides)
- Review and Comparison of Lactate Threshold Test Two Results
4/11-M-Class 24
-Explanation of Practicum + Review

4/13-W-Class 25
-Heart Rate Practicum-Group 1

4/18-M-Class 26
-Heart Rate Practicum-Group 2

4/20-W-Class 27
-Instructor Evaluation
-Turn in Final

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