

## **KINE 1105: INDOOR CYCLING**

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**Course Description/Purpose:** This course is designed to teach proper mechanics and improve a student's level of indoor cycling. A student will improve their fitness level, which includes, both cardiovascular and muscle strength. Students will learn proper techniques of training and knowledge of regulating heart beats to develop this lifetime skill.

### **Course Requirements:**

- Text: A textbook is not needed. All materials will be given to the student
- Attendance – Participation – Promptness – is a must do
- Proper attire, at all times, must be worn
  - a. Tennis shoes or athletic shoes must be worn (no casual, street shoes, or boots)
  - b. Shorts, warm-ups, non-restrictive/ comfortable clothing (no blue jeans)T-shirts must remain on at all times. Improper dress will effect daily grade.

### **Course Format Includes:**

- Warm-ups and exercise
- Running, walking, and cycling
- Video tapes and classroom discussions

### **Method of Evaluation:**

- **Attendance and Participation** – 70% of semester grade  
Each absence after the first absence will deduct 4 points from this grade. Each tardy will deduct 1-4 points from this grade. 40 minutes late is a 4 point deduction.
  1. Only excused absences may be made up. Excused absences are school related activities (basketball, rodeo, student government, etc.), illness, death in the family, etc. Studying for test, visits to the counselor's office, making up other classes during a scheduled cycling class, are not excused absences.
  2. The excused absence must be explained to the instructor by the following class. Leaving a message at the above phone number, DOES NOT suffice as an explanation.
  3. If the student fails to tell the instructor about the excused absence by the following class, it will be marked as an unexcused absence, and the student will not be able to make the class up.

4. A maximum of 2 excused absences may be made up (excluding school related activities). Last day to make up excused absences is \_\_\_\_\_.
5. A tardy may not be made up. Tell the instructor of any reason for an excused tardy. Receiving a total of -4 points for tardies, is equivalent to an absence.
6. Procedure for making up an excused absence.
  - a. Come to the fitness center, cycle 15 miles or walk on a treadmill for 3 miles. Take a snap shot the workout and email it to mharrison@southplainscollege.edu.
  - b. Obtain the “under armor map my walk app”, walk three miles and email results.
7. Participation and promptness is a must. A student must participate in all areas of the class. A deduction in the daily grade will result if student fails to actively participate.

- **Test's** – 20% of Semester Grade

Two test will be given throughout the semester. These test will cover everything learned including first day handouts, heart rate information, lectures, videos, muscles used and techniques.

- **Final** – 10% of Semester Grade

1. The final exam will be comprehensive.

All students must take the “final” unless they can fulfill the exemption requirements.

Exempt:

- a. If student does not have more than one absence and-
- b. Holds a 70 or better on the average of their two test.
- c.

**ADDITIONAL INFORMATION:**

1. Lockers are free and are on a first come first serve basis. Students will provide their own locks and must remove them at the end of the semester. Let the kinesiology office know which locker you reserve.
2. Student provides all of their own personal shower items.
3. No cell phones during class. Make sure they are silenced.
4. Water is all that is allowed in class unless other food or drink is required for special circumstances. Let instructor know.
5. Please use restroom and be prepared for class.

LAST DAY TO DROP CLASS: \_\_\_\_\_ FINAL EXAM DATE & TIME: \_\_\_\_\_

**SCHOOL CLOSURE: If SPC moves all classes to “on-line”, then students will have to get a “Map my walk” app, and walk on their own, to finish this class.**

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**Disabilities, Non-Discrimination, Title IX Pregnancy Accommodations C.A.R.E.,  
and Campus Concealed Carry at this link:**  
<https://www.southplainscollege.edu/syllabusstatements/>