

Common Course Outline

PELF 139

Spin Cycle

1 Credit

The Community College of Baltimore County

Description

PELF 139 – Spin Cycle engages the student in applying the principles of exercise and the practice of cardio fitness through consistent training on indoor exercise cycles. Students learn to monitor heart rate and intensity level in order to progress at a pace appropriate to current fitness level and age.

1 Credit

Pre- and/or Co-requisites: None

Overall Course Objectives

Upon completion of this course students will be able to:

1. demonstrate knowledge of equipment, proper fit and adjustments;
2. evaluate personal fitness levels in comparison to established norms;
3. demonstrate safe and effective fitness training practices;
4. explain the principles of effective training (Frequency, Intensity, Time, Type);
5. describe the correlation of skillful movement with the development of self-concept and self-esteem;
6. describe the health benefits of regular physical activity;
7. practice cooperation in group activity;
8. explain the relationship between nutrition (diet) and physical fitness;
9. develop a plan for lifelong fitness;
10. analyze improvements in strength, flexibility, body composition, and cardiorespiratory endurance; and
11. demonstrate knowledge of body mechanics and safe movement practices during activity.

Major Topics

- I. Fitness Assessments
- II. Health Related Components of Fitness
- III. Personal Fitness Goals
- IV. Principles of Cardiorespiratory Endurance Training
- V. Interval Training and Steady State Training
- VI. Diet and Nutrition
- VII. Techniques and Practices of Spin Cycle Skills

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

1. Attendance and class participation is required to meet course objectives
2. A minimum of one written examination
3. A minimum of two fitness assessment writing assignments
4. Pre & Post physical fitness assessment

Written Assignments: Students are required to utilize appropriate academic resources.

Other Course Information

This course is appropriate for students who are healthy and can provide documentation of physician consent if requested by the instructor. Appropriate attire and footwear are required.

Date Revised: 2/7/2017