



## **KINE 129 - Spinning Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

### **SECTION A**

**Unique ID Number** CCC000616641

**Discipline(s)** Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 129

**Course Title** Spinning

**TOP Code/SAM Code** 1270.00 - Kinesiology / E - Non-Occupational

**Rationale for adding this course to the curriculum** Changing subject code to KINE. Changing hours and units, no longer variable.

**Units** 1.5

**Cross List** N/A

**Typical Course Weeks** 18

**Total Instructional Hours**

#### **Contact Hours**

**Lecture** 0.00

**Lab** 0.00

**Activity** 54.00

**Work Experience** 0.00

**Outside of Class Hours** 27.00

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**Total Contact Hours** 54

**Total Student Hours** 81

**Open Entry/Open Exit** No

**Maximum Enrollment** 18

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

### **SECTION B**

**General Education Information:**

**SECTION C**

**Course Description**

**Repeatability** May be repeated 0 times

**Catalog Description** This course is designed to provide students with a cardiovascular and muscle conditioning workout through a continuous movement on a bicycle (stationary). Each workout begins with a warm-up, then an increasing level of workload and finishes with a cool-down. This course provides a workout suitable for all levels of fitness.

B. Climbing

C. Distance

3. Anatomy for cycling

4. Cardiovascular and strength principles

5. Establishment of target heart rate

6. Spinning workouts

**Lecture:** proper bicycle set up proper and safe cycling technique hydration cycling technique cycling attire types of cycling workouts cardiovascular and strength principles proper nutrition riding techniques development of individual training program

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and