

Lecture Contact Hours: 16-18; Outside-of-Class Hours: 32-36;
Laboratory Contact Hours: 16-18; Outside-of-Class Hours: 0;
Total Student Learning Hours: 64-72

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Exercise Science 008C – Advanced Indoor Cycling

1 hour lecture, 1 hour laboratory, 1 unit

Catalog Description

This course is designed to provide an advanced level indoor cycling experience to develop the key components of health-related physical fitness: cardiorespiratory, endurance, muscular strength/endurance, body composition, and flexibility. The components of fitness will be met through structured individually paced indoor group cycling classes. Students will also learn the fundamental principles of physical fitness and their impact on a life-long health and wellness.

Prerequisite

None

Recommended Preparation

ES 008B Intermediate Indoor Cycling

Entrance Skills

- 1) Demonstrate technique and knowledge of indoor cycling and bike adjustment at the intermediate level.
- 2) Develop a personalized intermediate level indoor cycling program, and measure progress relative to individual goals and standard exercise theories.

Course Content

- 1) A structured discussion/lab format to include:
 - a. Advanced fitness training methods to increase muscle strength, flexibility, and cardiovascular endurance for advanced level indoor cycling.
 - b. Assessment of body conditions and limitations.
 - c. Fitness training principles.
 - d. Psychological, physical, and overall health benefits of exercise training to enhance overall health.
 - e. Principles of weight control, and related health practices.
 - f. Advanced level personalized indoor cycling fitness training program.

Course Objectives

Students will be able to:

- 1) Identify the basic functional aspects of physical fitness necessary to maintain the health and vigor of his/her body for a lifetime.
- 2) Recognize and demonstrate indoor cycling safety guidelines through proper body positions and mechanics.
- 3) Demonstrate technique and knowledge of indoor cycling and bike adjustment at the advanced level.
- 4) Arrange and safely perform activities on an indoor cycling bike.

- 5) Identify and interpret the interplay of variables which are essential to a healthy lifestyle: muscular strength/endurance, cardiorespiratory endurance, flexibility and body composition.
- 6) Discuss and employ attitudes concerning the positive relationship between lifelong physical fitness and disease prevention and overall health.
- 7) Develop a personalized advanced level indoor cycling program, and measure progress relative to individual goals and standard exercise theories.
- 8) Design your own advanced level cycling workout/class.

Method of Evaluation

- 1) Advanced level fitness evaluation of aerobic fitness, muscular strength/endurance, flexibility, and body composition.
- 2) Written final exam
- 3) Practical testing on various conditioning skills.
- 4) Monitor and adjustment of indoor cycling training activities.
- 5) Evaluation of outside class assignments.

Special Materials Required of Student

- 1) Appropriate footwear (indoor cycling shoes are optional)
- 2) T-shirt, shorts, appropriate exercise attire for indoor activities.
- 3) Water bottle
- 4) Towel

Minimum Instructional Facilities

- 1) Indoor cycling facility (indoor cycling bikes, adequate air conditioning, flexibility mats, and music).
- 2) Projector and screen (optional).

Method of Instruction

- 1) Lectures/Demonstration
- 2) Visual instructional materials.
- 3) Instructor-led exercises and individual consultation.
- 4) Advanced level fitness testing and monitoring.

Out-of-Class Assignments

- 1) Inclusion of at least one additional day of prescribed exercise to meet minimum frequency and training standards needed to gain fitness.
- 2) Outside class assignments.

Texts and References

- 1) Required (representative example): Burt, Phil. *Bike fit: Optimise your bike position for high performance and injury avoidance*. 2nd edition. Bloomsbury Sport, 2022.
- 2) Supplemental: None

Exit Skills

Students having successfully completed this course exit with the following skills, competencies and/or knowledge:

- 1) Demonstrate technique and knowledge of indoor cycling and bike adjustment at the advanced level.

- 2) Develop a personalized advanced level indoor cycling program, and measure progress relative to individual goals and standard exercise theories.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Recognize and demonstrate indoor cycling safety guidelines through proper body positions and mechanics at an advanced level.
- 2) Identify advanced principles for maintaining an active and healthy life.