



Course Syllabus

KINE 1135/2135- Spin I/Spin II Activity

Revision Date: 1/17/2017

Catalog Description: See consistent results while burning a high amount of calories and improving cardiovascular endurance in this non- impact class. Whether you are a beginner or avid cyclist this class is for you because it is modified to include all levels. A certified instructor focuses on fun and challenging rides with steady progressions towards the end of each format. Different rides include but are not limited to: intervals, strength, split rides, race day, combo and variety.

Prerequisites: none

Semester Credit Hours: 1

Lecture Hours per Week: 0

Lab Hours per Week: 3

Contact Hours per Semester: 48

State Approval Code: 36.0108.51 23

Core Components and Related College Student Learning Outcomes

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. Yes No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

- Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
 - CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
 - CT2: Gather and assess information relevant to a question
 - CT3: Analyze, evaluate, and synthesize information
- Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
 - CS1: Develop, interpret, and express ideas through written communication
 - CS2: Develop, interpret, and express ideas through oral communication
 - CS3: Develop, interpret, and express ideas through visual communication
- Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
 - EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
 - EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion

- Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal
 - TW1: Integrate different viewpoints as a member of a team
 - TW2: Work with others to support and accomplish a shared goal
- Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
 - PR1: Evaluate choices and actions and relate consequences to decision-making
- Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
 - SR1: Demonstrate intercultural competence
 - SR2: Identify civic responsibility
 - SR3: Engage in regional, national, and global communities

Instructional Goals and Purposes:

The purpose of this course is to: 1) create an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

Learning Outcomes:

After studying all materials and resources presented in the course, the student will be able to:

1. Develop an understanding of the importance of regular, lifelong physical activity as part of a healthy lifestyle.
2. Understand how to safely participate in a spin program.
3. Develop good principles in movement and technique to maximize learning and progress.
4. Develop physical skills that also enhance the student's psychological and emotional well-being.

Course Content:

A general description of lecture/discussion topics included in this course are listed in the Learning Objectives section of this syllabus.

Students in all sections of this course will learn the following content:

1. Improve cardiovascular fitness.
2. Improve muscular flexibility and endurance.
3. Become more familiar with and be able to participate in a variety of different spin cycles.
4. Discuss aspects of body, mind and spirit that affect personal health.

Methods of Instruction/Course Format/Delivery:

This course is offered in the following methods of instruction: lecture, demonstration, discussion, and television/video presentation.

Major Assignments / Assessments:

The following items will be assigned and assessed during the semester and used to calculate the student's final grade.

Assignments

Attendance/Participation: 100%

Course Grade:

This class is entirely participation/attendance-based. Students are allowed to miss three class periods before they began to drop a letter grade for each additional absence. As such, final grades are determined by the following grading scheme:

A = 3 or fewer absences

B = 4 absences

C = 5 absences

D = 6 absences

F = 7 or more absences

Texts, Materials, and Supplies:

No text required. Schwinn ProSpin Bikes are provided by the college. Students have the option of purchasing other spin accessories on their own.

Course Attire: Students are encouraged to wear comfortable but somewhat "fitted" clothes such as stretch shorts ,leggings, sweat pants, and t-shirts. Sweat towel is optional, but HIGHLY recommended. Hair should be secured so as not to interfere with vision.

Other:

- For current texts and materials, use the following link to access bookstore listings: <http://www.panolacollegestore.com>
- For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>