

# Course Syllabus

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**Department** : Physical & Health Education

**Course Title** : Spinning

**Section Name** : PHED\_

**Start Date** : 1/15/2011

**End Date** : 5/10/2011

**Modality** : Classroom

**Credits** : 1

## Instructor Information

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**Name** : Joe Reagan

**OC Email** : [jreagan@odessa.edu](mailto:jreagan@odessa.edu)

**Phone #** : 515 720 3605

## Course Description

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### COURSE DESCRIPTION:

A high intensity cardio workout that concentrates on interval training, endurance training, core strengthening muscle building and weight goals! During the workouts you will see a fluctuation in your heart rate, as we do the various moves on the bike

## Prerequisites/Corequisites

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NONE

## Course Objectives

As a result of the class the student should be able to:

- Understand how to maintain a good heart rate.
- Be able to know the terms and skill set done on a stationary bike.

- Understand the importance of calorie counting and how to use one.
- Be able to perform at a higher level of endurance than when they started!

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### Required Readings/Materials

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NONE

### Course Requirements (Lectures, Assignments and Assessments)

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- A. Attend mandatory orientation.
- B. Complete physical assessments at the beginning and end of the course.
- C. Pick up and return all assignments and exams to the instructor by each deadline.
- D. **Students are required to bring a small towel!**
- E. Wear appropriate workout attire – appropriate clothing & comfortable shoes. If appropriate clothing is not worn, the student will be asked to leave and will not receive participation points.

### *Weeks 1-8*

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**Topic/Overview:** Introductory, Building up Endurance, Setting Goals, Understanding terms

### *Weeks 8-16*

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**Topic/Overview:** Reaching Goals, Endurance Training, High intensity interval training,

Developing a spin workout

## Grading Policy

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Grades are based on attendance, a weekly calorie counter, a midterm, and final.

**50% Attendance**  
**15% Midterm**  
**15% Assignments**  
**20% Final**

Percentage %	Grade
95+	A
90-94	A-
87-89	B+
84-86	B
80-83	B-
77-79	C+
74-76	C
70-73	C-
67-69	D+
64-66	D
60-63	D-
<59	F



## Special Needs

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Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

## Learning Resource Center (Library)

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The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

## Student E-mail

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

## Student Portal

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Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

## Technical Support

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For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

## Important School Policies

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For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).