

Course Syllabus

Department : Physical & Health Education
Course Title : Spinning
Section # : PHED2104_4**Day: M W F****Time: 11:00am-11:50am**
Start Date : January 22th, 2013
End Date : May 17th, 2013
Modality : Face-to-Face
Credits : 1

Instructor Information

Name : Kristi Gray
OC Email : kgray@odessa.edu
OC Phone # : 335-6447
Office : 204A - Sports Center

Course Description

A total body composition program emphasizing cardiovascular endurance, designed to give basic understanding of the principles of spinning. Students will perform basic calculations to determine appropriate target heart rate one and establish person fitness goals.

Lab fee required.

Prerequisites/Co requisites None

Scans

3,5,6,7,9,10,11

Course Objectives

Upon completion of this course, students should be able to:

1. An understanding of how the components of physical fitness and wellness can contribute to a healthy lifestyle which can prevent chronic disease and minimize stress.
 - Evaluation: Participation, fitness tests, written test and assignments
 2. An ability to develop and participate in a regular cardiovascular endurance program based on proper levels of frequency, intensity and duration.
 - Evaluation: Participation, fitness tests, written test and assignments
 3. An ability to develop and participate in muscular strength and endurance program through resistance training on the bike.
 - Evaluation: Participation, fitness tests, written test and assignments
 4. An ability to utilize proper bike set-up and riding techniques, develop cycling skills, and recognize correct safety procedure while on the bike.
 - Evaluation: Participation, fitness tests, written test and assignments
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CLASS ATTENDANCE POLICY

It is important that you attend every class. Every class period is worth 5 points for attendance. You earn 5 points for every day you are in class, and you lose 5 points for every day you are absent. (5 points doesn't seem like a lot, but it will add up quickly if you don't attend class.)

Excused absences are for college-sponsored activities and family or medical emergencies. (You must show proof of doctor's note.)

Being late to class is an extreme annoyance to the entire class. If you arrive AFTER I have already taken roll, you are responsible for checking with me AFTER class ends to get HALF attendance credit. Your 2.5 points of attendance for that day is YOUR responsibility - otherwise, it will stay down as an absence and you will lose the entire 5 points for that day.

***** Current Odessa College ID is required to enter the sports center!! If you do not have your ID with you, the front desk WILL NOT let you in the building. This is NOT an excused absence. Be responsible and have your ID on you every morning. *****

- **Current Odessa College ID is required to enter the sports center.**
- **ODESSA COLLEGE LINKS**

PHYSICAL & HEALTH

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wrangersports.com/>

SPORTS CENTER: http://www.wrangersports.com/fac-serv/community_recreation/

ODESSA COLLEGE: <http://www.odessa.edu/>

Required Readings/Materials

a) You must purchase the following **required** readings/materials: N/A

b) You are encouraged to buy the following *optional* books/materials:

N/A

Course Requirements (Lectures, Assignments and Assessments)

The student is required to wear proper exercise/sport attire; workout shorts, pants, tshirt and tennis shoes. (No sandals or jeans.)

Pre & Post Test Assessments = 50 points (25 pts each)

Attendance = 215 points (5 pts a day x 43 class periods)

5 Quiz = 50 points

Final Exam = 100 points

Topic Overview:**Summary of Assignments & Activities**

Item (Name)	Type	Description	Week*
Week 1	In Class	Pre Test Assessments	Jan. 21 st
Week 2	In Class	Pre Skills Tests& Learning how to use the bike	Jan. 28 th
Week 3	In Class	Learning how to use the bike& Quiz #1	Feb. 4 th
Week 4	In Class	Building endurance	Feb. 11 th
Week 5	In Class	Building endurance & Quiz #2	Feb. 18 th
Week 6	In Class	Circuit Training	Feb. 25 th
Week 7	In Class	Circuit Training & Quiz #3	Ongoing
Week 8	In Class	Spring Break	Mar. 11-15 th
Week 9	In Class	Circuit Training	Mar. 18 th
Week 10	In Class	Spin entire class	On going
Week 11	In Class	Spin& Quiz #4	Apr. 1 st
Week 12	In Class	Spin entire class	Apr. 8 th
Week 13	In Class	Spin &Quiz #5	Apr. 15 th

Week 14	In Class	Spin entire class	April 22 nd
Week 15	In Class	Spin entire class	April 29 th
Week 16	In Class	Review for Final Exam	May 6 th

Grading Policy

Grade	Points	Percentage %
A	360-400 points	(90 -100%)
B	320-359 points	(80-89%)
C	280-319 points	(70-79%)
D	240-279 points	(60-69%)
F	239 or less points	Below 60%

Special Needs

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)

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

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

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

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.

Important School Policies

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](#).