

South Plains College
Department of Kinesiology
KINE 1105
Indoor Cycling

Instructor: Sean Bingham
Office: Kinesiology Building #106
Office Hours: T/TH 9:15am-11:00am
& Friday 9am-12pm

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Text: Will set up Remind app text messages

Purpose: Students will master the skills, principles, and fitness level to become proficient in physical activity on their own. This course will focus on improving and strengthening the cardiovascular system and the core of the body. The class will promote physical fitness as a lifetime commitment to a healthy lifestyle

REMIND APP – We will use the REMIND APP in this course as another means of communication. You do not need to download the app for this to work. To sign up for this tool, you need to text this number **81010** and send the following code as the text message **@kine1105ic**. You will receive a response confirming your registration. This is just another option to communicate with me if you choose to use it.

Outcomes:

1. Students will understand the importance of strength and cardiovascular fitness.
2. Students will demonstrate the ability to improve the level of strength and cardiovascular fitness as a result through the use of stationary bicycles.
3. Students will demonstrate the ability to monitor and adjust exercise intensity.
4. Students will understand and apply the basic principles of indoor cycling to develop a training program based upon their personal goals and objectives.
5. Students will be able to identify and locate various muscle groups and the exercises that effectively train those muscle groups to develop muscular endurance.

Course Requirements:

- Text: None
- Comfortable/ non-restrictive clothing and appropriate footwear. Students need to wash clothes regularly.
- No cargo shorts, jeans, or jean shorts.
- Positive attitude
- Willingness to follow instruction
- Participation in all class activities

I. Grading Policy

Final grades will be determined as follows:

- Attendance/Participation @ 3 points each day 70 points
- 2 Tests @ 10 points each 20 points
- Post-Physical Fitness Test 10 points

TOTAL 100 points

Total: 100 points

<u>Final Grade</u>	<u>Point Percentage</u>	<u>Point Total</u>
A	90-100%	90-100
B	80-89%	80-89
C	70-79%	70-79
D	60-69%	60-69
F	Below 60%	Below 60

A. Attendance/ participation (refer to the attendance policy)

(These are subjective evaluations of the instructor)

- Attendance Records (by the instructor)
- Appropriate intensity
- Following instruction
- Proper dress

B. Tests

- Tests given will cover the syllabus, text, lectures, and various articles and videos.

D. Post-Physical Fitness Test

- Complete all exercises and compare to your pretest.

II. Attendance Policy:

- There are NO excused absences! All absences are equal. (Absence = 0 participation points)
- Non-participating notation—NP—will be recorded if a student is unable to participate but does attend class. However, 2 NPs = 1 ABSENCE. There is a LIMIT of 2 NPs per semester. NPs are for illness only. (If you have any reason that prevents you from participating for an extended period of time, you need to withdraw from the course.)
- Be on time for class! Class begins at the exact time listed on your schedule.
- 3 TARDIES = 1 ABSENCE. The same rules apply when a student LEAVES CLASS EARLY.

III. Additional Information:

- Cell phones must be turned **OFF!** (*If your phone rings, buzzes, or flashes you will lose 1 letter grade!*)
- No foul language
- No inappropriate clothing
- No food or drink except water (*Do not eat a heavy meal or consume energy drinks before class!*)
- No headphones
- No hats/caps – Tie long hair back

Please note: This syllabus is subject to change at the instructor's discretion at any point during the semester.

IV. Course Syllabus Statement

<https://www.southplainscollege.edu/syllabusstatements/>

V. Covid Information

<https://www.southplainscollege.edu/emergency/covid19-faq.php>