

South Plains College
Common Course Syllabus: KINE 1105
Revised 1.12.2023

Department: Kinesiology

Discipline: Physical Activity Course

Course Number: KINE 1105

Course Title: Indoor Cycling

Available Formats: Internet (Blackboard)

Campuses: Levelland

Course Description: This course is designed to improved strength and cardiovascular fitness through the use of stationary bicycles. Adaptable for all fitness levels.

Prerequisite: None

Credit: 1 Lecture: 1 Lab: 0

Textbook: None

Supplies:

- Athletic clothing (non-restrictive)
- Appropriate footwear, must be close-toes, preferably athletic type shoe
- Water bottle
- Towel (optional)
- Headphones (optional)
- Lockers are provided in the locker rooms. May bring your own lock or ask the KINE main office for one.

This course partially satisfies a Core Curriculum Requirement: None

Student Learning Outcomes:

- Illustrate proper bike set-up, safety procedures, and riding technique. This outcome will be measured by observation of instructor.
- Implement cycling technique and terminology. This outcome will be measured by observation of instructor.
- Execute specific cycling drills: flats (sprints), seated climbs, standing climbs and jumps. This outcome will be measured by observation of instructor

Student Learning Outcomes Assessment: None

Course Evaluation: Will be offered through blackboard at the end of the semester.

Grading Policy:

This class is graded on a **300-point** scale with those points being determined as follows:

- Attendance/Participation: 250 points total
- Final Exam/ Workout: 50 points

Attendance Policy:

Attendance and participation is a major part of this courses grading!

- Each absence will subtract 10 points from your final grade.
- If you are late to class, depending on the amount of time you are late, Instructor will determine if it will be recorded as a tardy or absence. Talk with instructor about late or early attendance if known ahead of time.
- Absences may be excused by the instructor if the student provides a note or proof from a doctor's visit or SPC authorized trip. Any other official business may be considered at the instructor's discretion with proof.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.
 - Six (6) absences will equal a drop in the course
 - Two week of consecutive absences will equal a drop in the course
- Two (2) or less absences makes the student exempt from the final.
- Final exam/workout will be given during the assigned time of finals week.

Students are expected to attend all classes in order to be successful in a course. The student may be administratively withdrawn from the course when absences become excessive as defined in the course syllabus.

When an unavoidable reason for class absence arises, such as illness, an official trip authorized by the college or an official activity, the instructor may permit the student to make up work missed. It is the student's responsibility to complete work missed within a reasonable period of time as determined by the instructor. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Should a student, for any reason, delay in reporting to a class after official enrollment, absences will be attributed to the student from the first class meeting.

A student who does not meet the attendance requirements of a class as stated in the course syllabus and does not officially withdraw from that course by the official census date of the semester, may be administratively withdrawn from that course and receive a grade of "X" or "F" as determined by the instructor. Instructors are responsible for clearly stating their administrative drop policy in the course syllabus, and it is the student's responsibility to be aware of that policy.

It is the student's responsibility to verify administrative drops for excessive absences through MySPC using his or her student online account. If it is determined that a student is awarded financial aid for a class or classes in which the student never attended or participated, the financial aid award will be adjusted in accordance with the classes in which the student did attend/participate and the student will owe any balance resulting from the adjustment.]

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