

## **INDOOR CYCLING      KINE 1105**

Instructor: Mike Harrison

Office: SPC Natatorium

Phone: 806 - 716-2228

E-mail: mharrison@southplainscollege.edu

**Course Description/Purpose:** This course is designed to teach proper mechanics and improve a student's level of indoor cycling. A student will improve their fitness level, which includes, both cardiovascular and muscle strength. Students will learn proper techniques of training and knowledge of regulating heart beats to develop this lifetime skill.

### **Course Requirements:**

- Text: A textbook is not needed. All materials will be given to the student
- Attendance – Participation – Promptness – is a must do
- Proper attire, at all times, must be worn
  - a. Tennis shoes or athletic shoes must be worn (no casual, street shoes, or boots)
  - b. Shorts, warm-ups, non-restrictive/ comfortable clothing (no blue jeans)T-shirts must remain on at all times. Improper dress will effect daily grade.

### **Course Format Includes:**

- Warm-ups and exercise
- Running, walking, and cycling
- Video tapes and classroom discussions

### **Method of Evaluation:**

- **Attendance and Participation** – 70% of semester grade  
Each absence after the first absence will deduct 4 points from this grade. Each tardy will deduct 1-4 points from this grade. 40 minutes late is a 4 point deduction.
  1. Only excused absences may be made up. Excused absences are school related activities (basketball, rodeo, student government, etc.), illness, death in the family, etc. Studying for test, visits to the counselor's office, making up other classes during a scheduled cycling class, are not excused absences.
  2. The excused absence must be explained to the instructor by the following class. Leaving a message at the above phone number, DOES NOT suffice as an explanation. A student will be dropped after their 5<sup>th</sup> absence. A student will be dropped if 4 absences occur in the first 4 weeks of class. A student will also be dropped if they miss 4 consecutive day's (2 weeks) of classes, without contacting the instructor.

3. If the student fails to tell the instructor about the excused absence by the following class, it will be marked as an unexcused absence, and the student will not be able to make the class up.
  4. A maximum of 2 excused absences may be made up (excluding school related activities). Last day to make up excused absences is \_\_\_\_\_.
  5. A tardy may not be made up. Tell the instructor of any reason for an excused tardy. Receiving a total of -4 points for tardies, is equivalent to an absence.
  6. Procedure for making up an excused absence.
    - a. Attend another SPC cycling class. If attending another instructor's class, be sure to use cycles that are not being used. Place your name, the date and time of the class, and have the instructor sign the paper, for your attendance.
    - b. Attend another of Mike Harrison's classes.
  7. Participation and promptness is a must. A student must participate in all areas of the class. A deduction in the daily grade will result if student fails to actively participate.
- **Test's** – 20% of Semester Grade  
Two tests will be given throughout the semester. These tests will cover everything learned including first day handouts, heart rate information, lectures, videos, muscles used and techniques.
  - **Final** – 10% of Semester Grade
    1. The final exam will be comprehensive.  
All students must take the "final" unless they can fulfill the exemption requirements.  
Exempt:
      - a. If student does not have more than one absence and-
      - b. Holds a 70 or better on the average of their two tests.

**ADDITIONAL INFORMATION:**

1. Lockers are free and are on a first come first serve basis. Students will provide their own locks and must remove them at the end of the semester. Let the kinesiology office know which locker you reserve.
2. Student provides all of their own personal shower items.
3. No cell phones during class. Make sure they are silenced.
4. Water is all that is allowed in class unless other food or drink is required for special circumstances. Let instructor know.
5. Please use restroom and be prepared for class.

LAST DAY TO DROP CLASS: \_\_\_\_\_ FINAL EXAM DATE & TIME: \_\_\_\_\_

**SPC Standard Disability Statement:**

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

**Concealed Handgun License:**

1. You must possess a License to Carry or the former Concealed Handgun License to lawfully carry on campus.
2. Only handguns are permitted.
3. You must conceal the firearm. It is still an offense to carry a firearm that is openly displayed on college property.
4. The firearm must be on or about your person at all times (concealment in bags and purses is permitted if within your reach) or it must be locked in an approved safe or locked in your vehicle.