KINE 129B - Intermediate Spinning Course Outline

Approval Date: 02/13/2020
Effective Date: 08/14/2020

SECTION A	
Unique ID Number	CCC000616642
Discipline(s)	
Division	Kinesiology & Athletics
Subject Area	KINESIOLOGY
Subject Code	KINE
Course Number	129B
Course Title	Intermediate Spinning
TOP Code/SAM Code	1270.00 - Kinesiology / E - Non-Occupational
Rationale for adding this course to the curriculum	update to match 129
Units	1.5
Cross List	*N/A*
Typical Course Weeks	

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is designed to provide students with a cardiovascular and muscle conditioning workout on a spin bicycle (stationary). Each workout begins with a warm-up, then an increasing level of workload and finishes with a cool-down. Intermediate students will learn more advanced concepts of metabolism as it pertains to exercise. This course will also include a core strengthening portion that is designed to increase the student's performance on the bike. This course provides a workout suitable for experienced spin cyclists.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended

KINE 129 with a minimum grade of C or better

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Know how to cycle safely and with confidence by using the techniques learned in class 2. Identify the major muscle groups of the body that are used with cycling 3. Understand metabolic concepts and how they change during exercise 4. Understand the importance of spinning for a lifetime activity

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Level 1 - ap30.531 change durinerstpritce abge durits thendeUndnt warm

nutrition continue to be reinforced through handouts and brief discussions.

Date of Publication:	2009
Edition:	1st

B. Other required materials/supplies.

Students will be requ8 2597 693.2d4(.) 4(t)-3(4)13(f) 4(t)p/39/2 reW*nBT/F1 11.04 Tf1