COURSE DESCRIPTION: Spinning, (stationary indoor cycling), is a comprehensive mental and physical cardiovascular training program. This individually paced, non-impact workout is set to inspirational music in a non-competitive environment good for all fitness levels.

Course Objectives:
At the completion of this course, students will be able to:

1. Learn proper bike positioning and adjustments
2. Learn bike safety set up and ride
3. Describe the health/fitness benefits of indoor stationary cycling and techniques to maintain compliance
4. Demonstrate & utilize appropriate warm-up, flexibility, and cool-down techniques as they relate to spinning
5. Explain, demonstrate, and implement heart rate monitoring techniques, at rest, during training and post exercise recovery
6. Develop a “full circle” pedal stroke technique which generates more power, utilizes energy most efficiently and allows for faster travel
7. Demonstrate the seven basic spin cycling movements
8. Utilize visualization techniques to consistently motivate effectiveness of workouts
9. Acquire breathing and body awareness skills to enhance performance and enjoyment

Procedures for Accomplishing Course Objectives:
  a. Lecture
  b. Active participation and demonstration in classroom activities.
  c. Practice with continued variation of techniques.

Student Requirements for Course Completion:
  a. Make appropriate entries in a training journal
  b. Demonstrate appropriate cycling techniques, positioning and bike set-up throughout course and on a skills test
  c. Participate in classroom discussion and activities.
  d. Take final exam. No substitutions or exceptions will be made.
  e. Communicate with the instructor regarding classroom concerns and questions related to the course subject matter.
Grading Practice:

Journal -------------------------------------------------30%
Final exam ----------------------------------------- 20%
Participation, riding skills and attendance------------------------ 50%

100%

Rules Concerning Student Absence and Lateness:

The College expects that each student will exercise personal responsibility with regard to attendance to classes. All students are expected to attend every class session. The student is responsible for all that transpires in class whether he/she is in attendance or not. Excessive absence or lateness may lead to failure in this course. The College defines excessive absences or lateness as more than the equivalent of one week of class meetings during the semester. After the **THIRD** absence you will be withdrawn from the course. If you are late for a class, it is the student’s responsibility to notify the instructor. Failure to do so may result in being marked absent for that class. Lateness is cumulative towards absences. In addition, for each lateness beyond when attendance is taken, one (1) point will be deducted from the final grade. Also, an instructor may remove a student from the class roster at any time when, in the judgment of the instructor, absences have been excessive or when other valid reasons exist.

Outline of Topics:

Bike Setup
1. Seat and post height positioning
2. Fore and aft seat positioning
3. Handlebar height adjustment
4. Pedals

Safety
1. Emergency braking
2. Toe straps
3. Footwear/shoelaces
4. Towels
5. Hydration
6. Attire
7. Stretching

Nutrition and Hydration

American College of Sports Medicine, Cardio Respiratory Training Principles
1. Intensity-measuring training intensity using heart rate monitor
2. Mode
3. Frequency
4. Duration
Warm-up, Flexibility, Cool-down

Riding Techniques
- Hand positions
- Seated – Flats and Climbs
- Standing – Flats (running) and Climbs
- Sprints – Seated and Standing
- Jumps
- Jumping On a Hill
- Running with Resistance
- Sprinting On a Hill
- Rhythm Release and Pedal Efficiency
- Breathing and Abdominals, Relaxation, Visualization

Important Dates:
- Class meets a total of 20 sessions
- 9/1/10 – Meet at Ultimate Fitness Gym in Riverhead
- 11/1/10-Journal Project is due
- 11/8/10- No class