

## **INDOOR CYCLING                      KINE 1105**

Instructor: Mike Harrison

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**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.
- Following all coronavirus guide lines throughout the entire class.

### **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. 50 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. Only two absences may be made up. If a student is quarantined, then additional absences after the first 2 may be made up. I must have a quarantine statement from DeEtte Edens (school nurse).
  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 6<sup>th</sup> absence. A student will be dropped if 4 unexcused 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. 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 of Mike Harrison's classes.
  - b. Placing a "Map my Run" app on your phone and send all information to Mike Harrison's email. This must be done within a week of the walk.
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 test will be given throughout the semester. These test will cover everything learned including first day handouts, heart rate information, lectures, videos, muscles used and techniques.

**Final** – 10% of Semester Grade

FINAL EXAM DATE & TIME: \_\_\_\_\_

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 test.

**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: \_\_\_\_\_

**Depending on the # of students in class, any covid restrictions the college instructs, the student may have to work out on their own, each week. The**

**student may be required to complete work outside of class, on their own. They must show proof of that work to the instructor each time they finish. Either 15 miles cycling on a cycle that has an odometer, or the following Under armour app. “Map my Walk”, placed on your phone.**

- 1.** Walk 3 miles or bicycle 15 miles.
- 2.** Take the photo that shows distance walked, time, and route.
- 3.** Send it to my email.
- 4.** If you want to keep my email on your phone, you can just forward the run to me.
- 5.** I must receive this before the next class you attend. It will be an unexcused absence if I don't.
- 6.** If we are unable to attend class at all, then all work outside of class will be required weekly.

Diversity Statement: In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Disabilities Statement: Levelland Campus: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Special 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 documentation of his/her disability to the Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services building, 8096-716-4675

Concealed Handgun: Pursuant to section 30.06 penal code (trespass by license holder with a concealed handgun), a person licensed under subchapter H chapter 411, government code (handgun licensing law), may not enter this property with a concealed handgun.