

Course Syllabus

Department : Physical & Health Education
Course Title : Spinning
Section # : PHED 2104_4 **Day: MWF Time: 11:00am-11:50am**
Start Date : 8/22/2011
End Date : 12/9/2011
Modality : face-to-face
Credits : 1

Instructor Information

Name : Jennifer Sutherland
OC Email : jsutherland@odessa.edu
OC Phone # : 335-6349
Office : sc 202

Course Description

A total-body conditioning program emphasizing cardiovascular endurance, designed to give basic understanding of the principles of spinning. Students will perform basic calculations to determine appropriate target heart rate zone and establish personal fitness goals. Lab Fee Required.

Prerequisites/Co requisites None

Scans

3,5,6,7,9,10,11

Course Objectives

Upon completion of this course, students should be able to:

1. An understanding of how the components of physical fitness and wellness can contribute to a healthy lifestyle which can prevent chronic diseases and minimize stress.
Evaluation: Participation, fitness tests, written tests and assignments.
 2. An ability to develop and participate in a regular cardiovascular endurance program based on proper levels of frequency, intensity and duration.
Evaluation: Participation, fitness tests, written tests and assignments.
 3. An ability to develop and participate in a muscular strength and endurance program through resistance training on the bike.
Evaluation: Participation, fitness tests, written tests and assignments.
 4. An ability to utilize proper bike set-up and riding techniques, develop cycling skills, and recognize correct safety procedures while on the bike.
Evaluation: Participation, fitness tests, written tests and assignments.
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CLASS ATTENDANCE POLICY

It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

<u>DAYS/WEEK</u> <u>CLASS MEETS</u>	<u># OF UNEXCUSED</u> <u>ABSENCES ALLOWED</u>	<u>LETTER GRADE</u> <u>DEDUCTION FOR EVERY</u>
2	2	3 rd absence
3	3	4 th absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already begun class) your final grade will be **deducted ½ point for each class that you are tardy.**

- **Current Odessa College ID is required to enter the sports center.**
- **ODESSA COLLEGE LINKS**

PHYSICAL & HEALTH

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wranglersports.com/>

SPORTS CENTER: http://www.wranglersports.com/fac-serv/community_recreation/

ODESSA COLLEGE: <http://www.odessa.edu/>

Insert Here – Any Course Specific Information the Instructor Requires

COURSE UPDATES

The student is responsible for checking the syllabus online for updates may occur as needed.

Required Readings/Materials

a) You must purchase the following *required* readings/materials: N/A

b) You are encouraged to buy the following *optional* books/materials:

N/A

Course Requirements (Lectures, Assignments and Assessments)

Participation and exercise = 150 points (5 x 30 days)

Final = 50 points

Water project = 20 points

Nutrition project = 20 points

Pre Assessments = 30 points

Post Assessments = 30 points

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	Assessments	Pre Assessments	8/26/11
Week 2	Activity	Rotations between bike and cardio; building endurance 10-12 minutes	
Week 3	Activity	Rotations between bike and cardio; building endurance 10-12 minutes	
Week 4	Activity	circuit 15 minutes	
Week 5	Activity	Water project	9/19/11
Week 6	Activity	circuit 15 minutes and water project due	
Week 7	activity	rotation between cardio and bikes 15-17 minutes	
Week 8	activity	spin bikes-entire class time	
Week 9	activity		
Week 10	activity	nutrition project	10/31/11

Week 11	activity	nutrition prject due-spin workout	
Week 12	activity	spin to dvd	
Week 13	activity	students teach class	
Week 14	activity	student teach class	
Week 15	assessments	post assessments	12/2/11
Week 16	final	each student must teach one class	12/9/11

Grading Policy

Grade	Points	Percentage %
A	250points	(90 -100%)
B	229-209points	(80%)
C	208-188points	(70%)
D	187-166points	(65%)
F	165 or less points	Below 64%

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to

your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

[Learning Resource Center \(Library\)](#)

The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the "[Ask a Librarian](#)" service provide additional help.

[Student E-mail](#)

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

[Student Portal](#)

Please access your [Odessa College Student E-mail](#), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

[Technical Support](#)

For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at https://www.odessa.edu/dept/ssc/helpdesk_form.htm.

[Important School Policies](#)

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).