

North Hennepin Community College

EXSC 1270: Studio Cycle

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Studio Cycle is a beginning level class. It is designed to introduce the basics of indoor group cycling as well as cycle science, equipment, and heart rate training. Music is utilized with a combination of a spin bike and an extensive lower body and cardiovascular workout. Students should be in good general health to enroll in this class.

This course can be repeated for credit.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Energy Systems, Nutrition, and Aerobic Metabolism.
2. Muscle movements and requirements for studio cycle.
3. Common pains, strains, misalignments and injuries that might occur from indoor cycling, and their causes.
4. Monitoring intensity (heart rate monitors and rate of perceived exertion).
5. Studio Cycle equipment (the bike, clothing, shoes and accessories).
6. Bike set-up (handle bar height, seat height, pedals, and resistance/tension).
7. Body positions (basic riding position, seated climb, seated vertical, standing run/flat, standing climb, jumping and sprints).
8. Grips and hand positions (hand position 1, 2, and 3).
9. Posture and breathing cues.
10. Intrinsic motivation (visualization).
11. Extrinsic motivation (music).

D. LEARNING OUTCOMES (General)

1. Cognitive: The student will comprehend bike set-up. (MnTC G2; Dept. Goals 2. 3b) ELO 1
2. Cognitive: The student will gain a basic understanding of cycle science: what leg muscles are used during class, common pain, strains, misalignments and injuries and their causes. (MnTC G2; Dept. Goals 2d) ELO 1
3. Psychomotor: The students will be able to monitor the intensity of their workout throughout challenging class sessions. (MnTC G2; Dept. Goals 3b, 2d, 2a) ELOs 1, 2
4. Psychomotor: The student will gain an understanding of proper studio cycle equipment: the bike, clothing, shoes, and accessories. (MnTC G2, and Dept. Goal 2a.) ELO 1
5. Affective: The student will acquire an understanding of how heart rate training benefits their fitness level. (MnTC G2; Dept. Goal 2a.) ELO 3
6. Affective: The student will also acquire a basic understanding of how forms of intrinsic and extrinsic motivation can help them achieve their fitness goals. (MnTC G2; Dept. Goal 2a) ELOs 1, 2, 3

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.