

INDOOR CYCLING KINE 1105

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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.
- Must follow fitness center clothing rules

Course Format Includes:

- Warm-ups and exercise - Running, walking, and cycling - 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.
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 6th absence (no absences made up). A student will be dropped if 4 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. Only excused absences may be made up. 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 one of my classes on a scheduled date.
 - b. Send a 15 mile bike photo, or a 3 mile map my walk work out, to my above email.
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: _____

If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or test for COVID-19.

Cough, shortness of breath, difficulty breathing: Fever or chills: Muscles or body aches:

Vomiting or diarrhea: New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at

dedens@southplainscollege.edu or 806-716-2376. Proof of a positive test is required. A home test is sufficient but students must submit a photo of the positive result. The date of test must be written on the test result and an ID included in the photo. If tested elsewhere (clinic, pharmacy, etc.), please submit a copy of the doctor’s note or email notification. Results may be emailed to DeEtte Edens, BSN, RN at dedens@southplainscollege.edu.

A student is clear to return to class without further assessment from DeEtte Edens, BSN, RN if they have completed the 5-day isolation period, symptoms have improved, and they are without fever for 24 hours without the use of fever-reducing medication. **Students must communicate with DeEtte Edens, BSN, RN** prior to their return date if still symptomatic at the end of the 5-day isolation.

4.1.1.1. Diversity Statement

In this class, the teacher will establish and support an environment that values and nurtures individual and group difference 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.

4.1.1.2. Disabilities Statement

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability 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 acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Lubbock Centers (located at the Lubbock Downtown Center) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

4.1.1.3 Non-Discrimination Statement

South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

4.1.1.4 Title IX Pregnancy Accommodations Statement

If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To activate accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Health and Wellness Center. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact the Health and Wellness Center at 806-716-2529 or email dburleson@southplainscollege.edu for assistance.

4.1.1.5 OPTIONAL STATEMENT - Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.php>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.