

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** FITN 301.3    **TITLE:** Indoor Cycling III  
**Units:** 0.5 or 1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours; 24.0-54.0 Total Student Learning hours  
**Method of Grading:** Grade Option (Letter Grade or Pass/No Pass)
  
2. **COURSE DESIGNATION:**  
**Degree Credit**  
**Transfer credit:** CSU; UC  
**AA/AS Degree Requirements:**  
    CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education  
**CSU GE:**  
    CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2
  
3. **COURSE DESCRIPTIONS:**  
**Catalog Description:**  
    An advanced level aerobic exercise performed on a stationary racing bicycle and done to high-cadence music. An exciting and fast-paced workout to improve aerobic conditioning.
  
4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**  
    Upon successful completion of this course, a student will meet the following outcomes:
  1. Improve in one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an advanced level.
  2. Demonstrate knowledge of various exercises at an advanced level.
  
5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**  
    Upon successful completion of this course, a student will be able to:
  1. Demonstrate advanced level knowledge of aerobic training and exercise heart rate
  2. Demonstrate advanced level knowledge of basic principles of stretching
  3. Demonstrate advanced level knowledge of body composition and risk factors for heart disease
  4. Demonstrate advanced level critical thinking skills as they pertain to safe use of a racing exercise bicycle
  
6. **COURSE CONTENT:**  
**Lab Content:**  
    Presented at an advanced level:
  1. Safety Instructions
    - A. Stretching, Warm-Up
    - B. Bike Set-Up
    - C. Proper Mounting And Dismounting
  2. Hand Positions
  3. Riding Positions
    - A. Seated Flats
    - B. Seated Hills
    - C. Standing Hills
  4. Indoor Cycling Routines
    - A. Jumps
    - B. Sprints
    - C. Timed Combination Workouts
    - D. Cool Down
  5. Relaxation And Visualization Methods
    - A. Imagery
    - B. Deep Breathing
  6. Written Test Covering the Basic Principles of Aerobic Training
  
7. **REPRESENTATIVE METHODS OF INSTRUCTION:**  
    Typical methods of instruction may include:
  - A. Lecture
  - B. Activity

- C. Discussion
- D. Individualized Instruction
- E. Observation and Demonstration
- F. Other (Specify): At an advanced level: Demonstration of stationary racing bicycle safety and set-up. Demonstration of indoor cycling techniques. Instructor-guided practice of daily indoor cycling workout utilizing training heart-rate levels. Lecture presentations and classroom discussions on health-related topics pertaining to obesity and other risk factors for heart disease and stroke.

#### 8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

**Writing Assignments:**

Written examination to apply reading assignments and lecture/demonstration information at an advanced intermediate level.

**Reading Assignments:**

Students may be required to read 5-10 pages of handouts.

**Other Outside Assignments:**

Students are encouraged to engage in cardiovascular exercise at least once per week outside of class.

#### 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Written examination
- F. Assessment of student knowledge of bike safety at an advanced level through periodic instructor evaluation. Monitoring and evaluation of exercise heart rate to ensure maintenance of ideal training heart rate levels at an advanced level. Evaluation, at an advanced level, of written examination(s) on the health benefits of aerobic exercise, risk factors for heart disease/stroke, and other applicable health-related topics. Evaluation of student participation in and contribution to classroom discussions at an advanced level.

#### 10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor-generated handouts

**Origination Date:** October 2023  
**Curriculum Committee Approval Date:** November 2023  
**Effective Term:** Fall 2024  
**Course Originator:** Mikel Schmidt