

KINE-129B: INTERMEDIATE SPINNING

Justification for this inactivation request

Unable to offer/fill.

Effective Term

Fall 2026

CC Approval

08/22/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	Or
Kinesiology (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

129B

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Intermediate Spinning

Short Title

Intermediate Spinning

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course Description

This course is designed to provide students with a cardiovascular and muscle conditioning workout on a spin bicycle (stationary). Each workout begins with a warm-up, then an increasing level of workload and finishes with a cool-down. Intermediate students will

learn more advanced concepts of metabolism as it pertains to exercise. This course will also include a core strengthening portion that is designed to increase the student's performance on the bike. This course provides a workout suitable for experienced spin cyclists.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

Advisory Prerequisite(s)

Completion of KINE-129 with a minimum grade of C.

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50

Activity Hours

54.00

Outside of Class Hours

27

Total Contact Hours

54

Total Student Hours

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Emergency Only
Hybrid	Emergency Only

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Know how to cycle safely and with confidence by using the techniques learned in class.
2.	Identify the major muscle groups of the body that are used with cycling.
3.	Understand metabolic concepts and how they change during exercise.
4.	Understand the importance of spinning for a lifetime activity.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- Level 1 - apply exercise principles of proper warm-up, cool-down, flexibility, strength and cardiovascular training - explain pedal stroke technique, "Push, pull and lift" and the major muscles involved in each phase - define the concepts of resistance and cadence as they relate to the spinning cycle - demonstrate the interrelationship of resistance and cadence on a spinning cycle
Level 2 - apply exercise principles of proper warm-up, cool-down, flexibility, muscular strength, muscular endurance and cardiovascular training, including interval training - demonstrate different training "rides" for muscular strength, muscular endurance and speed - analyze the concept of mind/body fitness as it relates to performance on a spinning cycle

Course Content

All students will participate in a spinning cycle workout that includes a warm-up, cardiovascular training segment, and a post-training flexibility segment. In addition:

- Level 1 students will become proficient at pedal stroke using a "push, pull and lift" technique. They will experiment with resistance and cadence variables and learn about the interrelationship between these two variables. Students will learn to apply the components of fitness: cardiovascular, muscular endurance, and muscular strength to different riding formats. The importance of hydration and proper nutrition continue to be reinforced through handouts and brief discussions.
- Level 2 students will continue to participate in a variety of cycling formats including interval training. Students will experiment with challenging themselves from a physical and psychological standpoint. They will explore the concept of mind/body fitness as it relates to efforts on the spinning cycles and to other challenges in life.
- Level 3 students will demonstrate and model proper technique as a peer mentor for beginning students.

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Students will ride the indoor bike as instructed.
Projects	Students will keep food and exercise logs.
Other	Students will be required to participate in training activities daily. Students will also be required to keep logs.

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
Chat Rooms
Discussion Boards
E-mail Communication
Telephone Conversations
Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
Discussions

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Students will be tested on training techniques. Final Exam - training techniques and bike setup.
Projects	Goal Setting
Class Participation	Riding daily
Other	Students will keep an exercise log and calculate their target heart rate.

Assignments

Writing Assignments

Written assignments include maintaining an exercise log, diet log, goal setting, journal, and target heart rate. Students will be required to read specific handouts provided by the instructor, i.e., water and nutrition.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

John Howard

Title

Mastering Cycling

Edition/Version

1st

Publisher

Human Kinetics

Year

2010

Material Type

Textbook

Author

David Ertl

Title

Cycling Workouts: Improve Your Cycling Ability While Adding Variety to Your Training Program

Edition/Version

1st

Publisher

Morgan James

Year

2009

Material Type

Other required materials/supplies

Description

Students will be required to provide themselves with a towel and a water bottle for

proper hydration.

SECTION G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID

CCC000616642

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No