

# KINE-129: SPINNING

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## Justification for this inactivation request

Unable to fill/offer

## 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)	

### Subject Code

KINE - Kinesiology

### Course Number

129

### Department

Kinesiology

### Division

Kinesiology & Athletics

### Full Course Title

Spinning

### Short Title

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 through a continuous movement on a bicycle (stationary). Each workout begins with a warm-up, then an increasing level of workload and finishes with a cool-down. This course provides a workout suitable for all levels of fitness.

**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****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. Students will understand and apply spinning workouts designed for strength and cardiovascular fitness.
2. Students will be able to develop a personalized spinning workout.

**Course Objectives**

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

1. Apply exercise principles of proper warm-up and post-workout cool-down.
2. Demonstrate proper spinning cycle set-up for self.
3. Calculate target heart rate.
4. Explain the concept of perceived exercise intensity.

5. Perform a variety of workouts- including seated, climbing, distance and interval and speed.
6. Ride in a safe and biomechanically sound manner.
7. Develop a personalized spinning workout.

### Course Content

1. Introduction:
  - a. Warm-up and cool down
  - b. Bicycle riding safety and equipment
  - c. Bicycle adjustments
2. Riding technique:
  - a. Seated
  - b. Climbing
  - c. Distance
3. Anatomy for cycling
4. Cardiovascular and strength principles
5. Establishment of target heart rate
6. Spinning workouts
7. Safety principles and hydration
8. Nutrition
9. Development of personalized spinning workout.

### Methods of Instruction

#### Methods of Instruction

Types	Examples of learning activities
Lab	Establishment of target heart rate and development of spinning programs to reach goals performance of various spinning programs proper bicycle set up and hygiene.
Lecture	Proper bicycle set up proper and safe cycling technique hydration cycling technique cycling attire types of cycling workouts cardiovascular and strength principles proper nutrition riding techniques development of individual training program.

#### Online Adaptation

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

#### Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards  
 Discussion Boards  
 E-mail Communication  
 Video or Teleconferencing

#### Student-Initiated Online Contact Types

Discussions  
 Group Work

#### Course design is accessible

Yes

## Methods of Evaluation

### Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	1. Short answer: Explain the difference between climbing training session and a flat workout. 2. Short answer: Develop an interval training workout plan. Written exam will include material on proper warm-ups, proper body and hand position and pedal stroke technique.
Class Participation	
Other	Exercise log Target heart rate Goal setting

## Assignments

### Reading Assignments

Students will be required to read specific handouts provided by the instructor, i.e., water and nutrition.

Students will be required to read assigned text and complete testing on anatomy.

### Writing Assignments

Written assignments include maintaining an exercise log, diet log, goal setting, journal, and target heart rate. Students will be required to develop a spinning workout plan.

## SECTION F - Textbooks and Instructional Materials

### Material Type

Textbook

### Author

Albir, Guillermo

### Title

Anatomy & 100 Stretching Exercises for Cycling

### Edition/Version

1st

### Publisher

Barron's Educational Series

### Year

2016

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### Material Type

Other required materials/supplies

### Description

Handouts provided by the instructor:

1. heart rate
  2. exertion
  3. nutrition
  4. workload
  5. fitness tips
  6. muscle groups
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**SECTION G - Diversity, Equity and Inclusivity****Course Codes (Admin Only)****CB00 State ID**

CCC000616641

**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