

PELF 139
Spin Cycle
1 Credit

Community College of Baltimore County
Common Course Outline

Description

PELF 139 – Spin Cycle: engages the student in applying the principles of exercise and the practice of cardio fitness through consistent training on indoor exercise cycles. Students learn to monitor heart rate and intensity level in order to progress at a pace appropriate to current fitness level and age.

Overall Course Objectives

Upon completion of this course, students will be able to:

1. demonstrate knowledge of equipment, proper fit and adjustments;
2. evaluate personal fitness levels in comparison to established norms;
3. demonstrate safe and effective fitness training practices;
4. explain the FITT (Frequency, Intensity, Time, Type) principle;
5. describe the correlation of skillful movement with the development of self-concept and self-esteem;
6. describe the health benefits of regular physical activity;
7. practice cooperation in group activity;
8. explain the relationship between nutrition (diet) and physical fitness;
9. develop a plan for lifelong fitness;
10. analyze improvements in strength, flexibility, body composition, and cardiorespiratory endurance; and
11. demonstrate body mechanics and safe movement practices during activity.

Major Topics

- I. Fitness Assessments
- II. Health Related Components of Fitness
- III. Personal Fitness Goals
- IV. Principles of Cardiorespiratory Endurance Training
- V. Interval Training and Steady State Training
- VI. Diet and Nutrition
- VII. Techniques and Practices of Spin Cycle Skills

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- One written examination
- Two fitness assessment writing assignments
- Pre- and Post-physical fitness assessment

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- Attendance and class participation

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

This course involves strenuous physical activity. Proper workout attire is required to participate.

Date Revised: 6/7/2022