

South Plains College  
Department of Kinesiology  
SYLLABUS – KINE 1105: Indoor Cycling

**Instructor:** Dustin Wimmer  
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**Department:** Kinesiology

**Discipline:** Physical Activity Course

**Course Number:** KINE 1105

**Course Title:** Indoor Cycling

**Available Formats:** Internet (Blackboard)

**Campuses:** Levelland

**Course Description:** This course is designed to improved strength and cardiovascular fitness through the use of stationary bicycles. Adaptable for all fitness levels.

**Prerequisite:** None

**Credit:** 1 Lecture: 1 Lab: 0

**Textbook:** None

**Supplies:**

- Athletic clothing (non-restrictive)
- Appropriate footwear, must be close-toes, preferably athletic-type shoe
- Water bottle
- Towel (optional)
- Headphones (optional)
- Lockers are provided in the locker rooms. May bring your own lock or ask the KINE main office for one.

**This course partially satisfies a Core Curriculum Requirement:** None

**Student Learning Outcomes:**

- Illustrate proper bike set-up, safety procedures, and riding technique. This outcome will be measured by observation of instructor.
- Implement cycling technique and terminology. This outcome will be measured by observation of instructor.
- Execute specific cycling drills: flats (sprints), seated climbs, standing climbs and jumps. This outcome will be measured by observation of instructor

**Student Learning Outcomes Assessment:** None

**Course Evaluation:** Will be offered through blackboard at the end of the semester.

**Grading Policy:** This class is graded on a 300-point scale with those points being determined as follows:

- Attendance/Participation: 250 points total
- Final Exam/ Workout: 50 points total

**Attendance Policy:** Attendance and participation is a major part of this course's grading!

- Each absence will subtract 5 points from your final grade.
- If you are late to class, depending on the amount of time you are late, the Instructor will determine if it will be recorded as a tardy or absence. Talk with the instructor about late or early attendance if known ahead of time.
- Absences may be excused by the instructor if the student provides a note or proof from a doctor's visit or SPC-authorized trip. Any other official business may be considered at the instructor's discretion with proof.
- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.
- Six (6) absences will equal a drop in the course
- Two weeks of consecutive absences will equal a drop in the course
- Two (2) or less absences make the student exempt from the final.
- Final exam/workout will be given during the assigned time of finals week.

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