

CED2469 – Indoor Cycling

INSTRUCTIONAL HOURS: 8
RECOMMENDED PRE-REQUISITE(S): N/A
CO-REQUISITES: N/A
APPROVED FOR USE IN ACADEMIC SEMESTERS: 2013-2014

COURSE DESCRIPTION:

Join the revolution of indoor cycling! Participants are encouraged to ride at their own pace which makes this an excellent class for the beginner as well as the experienced cyclist. Classes are held in the new Sault College Health and Wellness Centre. Pedal your way to better health!

RATIONALE:

To get fit and have fun!

COURSE DELIVERY:

The course content will be presented through a blend of instructional methods which may include lecture, discussion, and hands-on activities.

LEARNING OBJECTIVES/OUTCOMES:

Upon successful completion of this course, the student will be able to:

- Understand heart rate and perceived exertion for the purpose of monitoring intensity
- Adjust workout to safely increase or decrease intensity
- Understand the value of incorporating indoor cycling in a healthy active lifestyle
- Understand the importance of nutrition and hydration in a healthy active lifestyle
- Execute different cycling positions to increase or decrease intensity of workout

TOPICS

1. Indoor Cycling Techniques
2. Monitoring your Workout
3. Nutrition
4. Safe Stretching

REQUIRED COURSE MATERIAL: (to be purchased by the learner)

Not applicable but students should have indoor shoes and are encouraged to bring a water bottle.

STUDENT EVALUATION

The student's progress will be recorded using the following grades.

S - Satisfactory achievement in field /clinical placement or non-graded subject area.

U - Unsatisfactory achievement in field/clinical placement or non-graded subject area

Teaching Contact

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Academic Manager Signature

“Ted Newbery”

NOTICE TO ALL
STUDENTS:

We urge you to retain this course outline for future reference. There is a charge for additional copies.