

**Iowa State University – Department of Kinesiology**  
**ExSp 163 – Cycling for Fitness**  
**Spring 2008 Course Syllabus**

<b>Instructor:</b> Jared Tucker	<b>Office Hours:</b> M,W, F 10-11 am or by appointment
<b>Class Times:</b> March 10 to May 2	Monday/Wednesday/Friday 8:00 – 9:50 a.m.
<b>Office:</b> Room 183 Forker Bldg.	<b>Phone:</b> 294-2953 <b>Email:</b> <a href="mailto:jt44@iastate.edu">jt44@iastate.edu</a>

**Course Text:** No required course textbook, although reading assignments may be given throughout the semester.

**Objectives:**

- ❖ To learn the health-related benefits of a cycling program
- ❖ To ensure knowledge of safety issues and proper riding technique to minimize injuries and personal risk
- ❖ To motivate students to make progress towards their health and fitness goals
- ❖ To learn how cycling can become a lifelong fitness activity
- ❖ To be exposed to the different types of cycling

**Class Requirements:**

- ❖ *Attendance* – Attendance is a significant part of each student’s grade. **More than three unexcused absences, for any reason, will result in failure in the class.**
- ❖ *Participation* – Participation is required for all class activities (i.e. you are expected to actively participate in the cycling activity assigned that day). Failure to participate in class activities will result in an absence for that day.
- ❖ *Proper attire* – comfortable cycling fitness attire, shoes, helmet (mandatory), gloves (optional)
- ❖ Be prepared to ride outside on most days
- ❖ *Be on time* – arriving more than 10 minutes late for class is an absence
- ❖ Bring your student ID to every class period (in case we workout at Lied Recreation Center; Spinning classes or weightlifting)

**Grading:**

A cumulative percentage of **70%** is required to receive a satisfactory grade in the course (140/200 points).

<u>Assignment</u>	<u>Points Possible</u>
Participation	30 points
Fitness Tests	40 points
Cycling Route	30 points
Fitness Journal	50 points
Final Exam	50 points
<b>Total</b>	<b>200 points</b>

### **Participation/Attendance** (30 points)

Students are expected to attend all class periods. Students will start with 30 participation points. Each unexcused absence (or failure to participate in class) throughout the semester will result in a loss of 10 attendance points. Remember, more than 3 absences will result in class failure.

### **Fitness Tests** (40 points total (2 \* 20 points each); **Dates: March 12; April 28**)

Students will participate in a fitness test in class at both the beginning and end of the semester. The test may involve a time trial or individual time trial fitness test and improvement over the semester is expected.

### **Cycling Route** (30 points; **Due: April 4**)

You will plan a cycling route for the class. You will need to determine the distance cycled or time to complete ride and provide typed, detailed directions, and a map with the course clearly marked. Also include any special instructions for the route.

### **Fitness Journal** (50 points; **Due: April 28**)

Over the course of the semester you will be required to keep a cycling fitness journal. This can be kept in a regular notebook and will include your **daily mileage, time to complete distance, heart rate at start and end of ride**, and **comments** on your pace and terrain. *Other assignments maybe given over the course of the semester and will be kept in the journal.*

### **Final Exam** (50 points; **May 2**)

Students will be tested over material handed-out and discussed during class. A study guide will be distributed during the last week of class which will specify primary topics on the exam.

### **Special Needs**

Please address any special needs or special accommodations with me in person at the beginning of the semester or as soon as you become aware of your needs. Those seeking accommodations based on documented disabilities should obtain a Student Academic Accommodation Request (SAAR) form from the Disability Resources (DR) office (515-294-6624). DR is located in room 1076 Students Services Building or email the office at [awoniyib@iastate.edu](mailto:awoniyib@iastate.edu) to coordinate reasonable accommodations for students with documented disabilities.

### **Tentative Class Schedule**

Please keep in mind that the weather will dictate whether we are able to ride outdoors. If the weather is or anticipated that it will be inclement, we will meet at Lied Recreation Center for an alternative workout (e.g., resistance training, Spinning class, etc). In some cases, the instructor will be able to inform the class ahead of time via email if there is a change in plans. Therefore, **it is important to check your email before class if the weather appears inclement.** If you arrive to class at the usual meeting place and no one is present, then proceed to Lied.

## Spring 2008 Class Schedule

Week 1 – Introduction and Bike Safety			
1	Mon 3/10	Syllabus and Class Procedures	
2	Wed 3/12	Rules of the Road and Cold Weather Cycling	Fitness Testing
3	Fri 3/14	Bike Safety Checks	(must have bike now)
Week 2 – Spring Break (No Class)			
4	Mon 3/17		
5	Wed 3/19		
6	Fri 3/21		
Week 3 – Bike Fitting & Maintenance			
7	Mon 3/24	Bike Types and Components	Start Fitness Journal
8	Wed 3/26	Bike Measurements and Fittings	
9	Fri 3/28	Bike Maintenance Checklist	
Week 4 – Pedaling and Shifting Gears			
10	Mon 3/31	Proper Shifting	
11	Wed 4/2	Cadence	
12	Fri 4/4	Pedaling Technique	Cycling Route Due
Week 5 – Exercise Intensity			
13	Mon 4/7	Measuring Heart Rate	
14	Wed 4/9	Heart Rate Zones	
15	Fri 4/11	Other intensity Factors (VT, intervals, etc.)	
Week 6 – Nutrition for Cycling			
16	Mon 4/14	Proper Hydration	
17	Wed 4/16	Nutrition for Endurance (Macronutrients)	
18	Fri 4/18	Pre, During, and Post Exercise Nutrition	
Week 7 – Other Topics – Class Requests			
43	Mon 4/21		
44	Wed 4/23		
45	Fri 4/25		
Week 8 – Stress Management Programming in the Workplace			
46	Mon 4/28	<b>Fitness Testing</b>	Fitness Journal Due
47	Wed 4/30		
48	Fri 5/2	<b>Final Exam</b>	