

Cycling (CYCLE-041-S005)

Syllabus

Course Learning Outcomes

- Demonstrate competency in a variety of motor skills and movement patterns.
- Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Achieve and maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Important Notice

Before beginning any exercise program, consult your doctor. Participants and their legal guardians understand and acknowledge that participation in any exercise program or related activity carries with it inherent dangers that may result in personal injury or even death. Participants and their legal guardians assume complete responsibility to (a) consult with a physician to ensure that there are no health-related reasons or problems which would preclude or restrict the participant's participation in a particular exercise program or related activity and (b) procure adequate health insurance necessary to provide for and pay any medical costs that may directly or indirectly result from such participation. Accordingly, participants and their legal guardians assume all responsibility and risk associated with any participation in any exercise program or related activity.

Participating with Disabilities

Students with disabilities may still be able to participate successfully in this course. Read the linked page "Participating with Disabilities" to learn more.

Course Materials

For this course, you will need a bicycle and proper safety gear for riding.

Assignments

You will complete these assignments during the course.

- Unit Quizzes
- Goals Assignment (will take a minimum of 2 weeks to complete)
- Nutrition Improvement Assignment (will take a minimum of a week and a half to complete)
- Sport Community Assignment (will likely take at least 1 week to be able to implement and complete)
- Physical Activity Assignment

The Physical Activity Assignment requires a workout log tracking 45 days of aerobics over a period of (usually) 15 to 24 weeks. Keep in mind that **you cannot complete this course in less than 15 weeks**. Start early! Go read the Physical Activity Assignment instructions so you know what to expect.

See each assignment's page for detailed instructions regarding how to complete each assignment.

Exams

You will complete one proctored final exam for this course. The final exam is comprehensive and consists of about 45 multiple-choice questions. See the Exam Preparation page for details.

Grading

Your grade in this course will be based on these assignments and exams:

| Assignment or Exam | Grading | Percent of Total Grade |
|------------------------------------|----------------|-------------------------------|
| 4 Unit Quizzes | Computer | 16% |
| 4 Reflection Assignments | Instructor | 16% |
| 1 Goals Assignment | Instructor | 5% |
| 1 Nutrition Improvement Assignment | Instructor | 5% |
| 1 Sport Community Assignment | Instructor | 5% |
| 1 Physical Activity Assignment | Instructor | 43% |
| 1 Proctored Final Exam* | Computer | 10% |

* You must pass the final exam with at least a 60% to earn credit for the course.

Grade Scale

Your letter grade is calculated according to these percentages.

| | |
|-----------------|------------|
| A | 100% – 93% |
| A– | 92% – 90% |
| B+ | 89% – 87% |
| B | 86% – 83% |
| B– | 82% – 80% |
| C+ | 79% – 77% |
| C | 76% – 73% |
| C– | 72% – 70% |
| D+ | 69% – 67% |
| D | 66% – 63% |
| D– | 62% – 60% |
| E (fail) | 59% – 0% |