

# Glendale College

## Course Outline of Record Report

Course ID 003016  
Cyclical Review - March 2025

### PE110 : Indoor Cycling I

#### General Information

Author:	• Erin Calderone
Attachments:	DE Addendum_PE_110_COR_3:11:25_CoDE_5:27:25.pdf
Course Code (CB01) :	PE110
Course Title (CB02) :	Indoor Cycling I
Department:	PE
Proposal Start:	Spring 2026
TOP Code (CB03) :	(0835.00) Physical Education
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000564771
Curriculum Committee Approval Date:	03/26/2025
Board of Trustees Approval Date:	06/17/2025
Last Cyclical Review Date:	03/26/2025
Course Description and Course Note:	PE 110 provides instruction in indoor cycling, a low-impact, non-weight-bearing activity that enhances cardiorespiratory fitness, muscular endurance, and overall well-being. Students will engage in structured cycling routines on a stationary bike, incorporating varied intensity levels and movement patterns. Instruction is supported by music, as well as verbal and visual cues, to facilitate technique, pacing, and performance.
Justification:	Mandatory Revision
Academic Career:	• Credit
Mode of Delivery:	• In-Person • Remote • Hybrid
Author:	No value
Course Family:	Cycling

#### Academic Senate Discipline

Primary Discipline:	• Physical Education
Alternate Discipline:	No value
Alternate Discipline:	No value

### Course Development

**Basic Skill Status (CB08)**

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

**Course Special Class Status (CB13)**

Course is not a special class.

**Pre-Collegiate Level (CB21)**

Not applicable.

**Grading Basis**

- Grade with Pass / No-Pass Option

**Course Support Course Status (CB26)**

Course is not a support course

### Program Status

Course Program Status (CB24)

**Associated Program**

**Award Type**

**Active**

Fitness Specialist (AS)

A.S. Degree

Fall 2024

Fitness Specialist (Cert)

Certificate of Achievement

Fall 2024

Indoor Cycling Instructor Skill Award

Skill Award

Winter 2026

Kinesiology (AA-T)

AA-T Degree

Winter 2026

### General Education and C-ID

**General Education Status (CB25)**

Not Applicable

**Transferability**

Transferable to both UC and CSU

**Transferability Status**

Approved

**GCC General Education Requirements**

**Area**

**Status**

**Approval Date**

**Comparable Course**

Area 8: Lifelong Learning

Lifelong Learning

Approved

09/02/2025

No Comparable Course defined.

## Units and Hours

### Summary

<b>Minimum Credit Units (CB07)</b>	1
<b>Maximum Credit Units (CB06)</b>	1
<b>Total Course In-Class (Contact) Hours</b>	54
<b>Total Course Out-of-Class Hours</b>	0
<b>Total Student Learning Hours</b>	54

### Credit / Non-Credit Options

**Course Type (CB04)**

Credit - Degree Applicable

**Noncredit Course Category (CB22)**

Credit Course.

**Noncredit Special Characteristics**

No Value

**Course Classification Code (CB11)**

Credit Course.

Variable Credit Course

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

### Weekly Student Hours

	In Class	Out of Class
Lecture Hours	0	0
Laboratory Hours	3	0
Studio Hours	0	0

### Course Student Hours

<b>Course Duration (Weeks)</b>	18
<b>Hours per unit divisor</b>	0
<b>Course In-Class (Contact) Hours</b>	
Lecture	0
Laboratory	54
Studio	0
<b>Total</b>	54
<b>Course Out-of-Class Hours</b>	
Lecture	0
Laboratory	0
Studio	0
<b>Total</b>	0

### Time Commitment Notes for Students

No value

**Units and Hours - Weekly Specialty Hours**

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

**Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation**

No Value

**Entry Standards**

Entry Standards	Description
Perform moderate daily physical activities.	No Value
Demonstrate and maintain a positive attitude.	No Value

**Course Limitations**

Cross Listed or Equivalent Course	Description
No value	No value

**Specifications****Methods of Instruction**

Methods of Instruction	Lecture
Methods of Instruction	Laboratory
Methods of Instruction	Multimedia

<b>Methods of Instruction</b>	<b>Demonstrations</b>			
<b>Out of Class Assignments</b>				
<ul style="list-style-type: none"> <li>• Self evaluation of cardio improvement (e.g. evaluation of MyZone fitness profile)</li> <li>• Written analysis (e.g. a written analysis of physical and emotional benefits related to cycling)</li> <li>• Written description of risks of indoor cycling as compared to other physical activities</li> </ul>				
<b>Methods of Evaluation</b>	<b>Description of Activity/Interaction</b>			
Exam/Quiz/Test	Midterm assessment			
Presentation (group or individual)	Group project (e.g. groups create their own rides and perform)			
Exam/Quiz/Test	Final exam			
<b>Textbook Rationale</b>				
No Value				
<b>Textbooks</b>				
<b>Author</b>	<b>Title</b>	<b>Publisher</b>	<b>Date</b>	<b>ISBN</b>
No Value	No Value	No Value	No Value	No Value
<b>Other Instructional Materials (i.e. OER, handouts)</b>				
<b>Description</b>	Instructor-generated reading materials.			
<b>Author</b>	No value			
<b>Citation</b>	No value			
<b>Online Resource(s)</b>	No value			

<b>Learning Outcomes</b>
<b>Course Objectives</b>
Perform a continuous indoor cycling workout using proper cycling technique.
Calculate target heart rate zones for the purpose of establishing a safe, effective personal indoor cycling workout.
Explain the basic principles of exercise, as they apply to indoor cycling.

Analyze the effectiveness of the non-weight bearing, low-impact indoor cycling exercise, as compared to other aerobic activities, with respect to injury prevention.

#### SLOs

Demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment. Expected Outcome Performance: 70.0

Demonstrate proper bike set-up. Expected Outcome Performance: 70.0

Analyze their progress using the MYZONE web-based system. Expected Outcome Performance: 70.0

### Additional SLO Information

**Does this proposal include revisions that might improve student attainment of course learning outcomes?**

No

**Is this proposal submitted in response to learning outcomes assessment data?**

No

**If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.**

No Value

**SLO Evidence**

No Value

### Course Content

#### Lecture Content

No value

#### Laboratory/Studio Content

##### Cycle preparation and personal set-up for safety and injury prevention (12 hours)

- General safety considerations
- Seat adjustment
- Handlebar position
- Pedal strap set-up
- Flywheel with resistance adjustment
- Hydration and dress for indoor cycling

##### Body positioning while cycling for safety and injury prevention (12 hours)

- Getting on and off the cycle
- Seated positions
  - Appropriate use
  - Proper form
- Standing positions
  - Appropriate use
  - Proper form
- Handle bar grip position

- Pedaling resistance and form considerations

**Cycling Performance and Profile Rides (30 hours)**

- Perform cycling rides with profiles
- Ride evaluation
- Calculating Target Heart Rate (THR) for determination of exercise intensity

**Total hours: 54**

## Additional Information

**Repeatability**

Not Repeatable

**Justification (if repeatable was chosen above)**

No Value

**Is it possible this course will have a material fee?**

No

**I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):**

No Value

**What term(s) will this course be offered?**

Fall/Spring

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value

## Resources

**Did you contact your departmental library liaison?**

Yes

**If yes, who is your departmental library liaison?**

Becka Cooling (Kinesiology, Social Sciences)

**Did you contact the DEIA liaison?**

No

**Were there any DEIA changes made to this outline?**

No

**If yes, in what areas were these changes made:**

No Value

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value