

Glendale College

Course Outline of Record Report

Course ID 003020
Cyclical Review - March 2025

PE111 : Indoor Cycling II

General Information

Author:	• Erin Calderone
Attachments:	DE Addendum_PE_111_COR_3:11:25_CoDE_5:27:25.pdf
Course Code (CB01) :	PE111
Course Title (CB02) :	Indoor Cycling II
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) :	CCC000564770
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 111 builds on skills learned in PE 110, providing a progressive program to improve cardiovascular fitness, muscular endurance, and overall well-being. Students will utilize intermediate techniques including sprints, intervals, and hill climbing, while continuing to practice cycling safety, proper bike set-up, and heart rate training.
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

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

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	0
Laboratory	54
Studio	0
Total	54
Course Out-of-Class Hours	
Lecture	0
Laboratory	0
Studio	0
Total	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**Prerequisite**

PE110 - Indoor Cycling I

OR**Prerequisite**

PE135 - Adapted Indoor Cycling For Fitness

Entry Standards

Entry Standards	Description
No value	No value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Specifications**Methods of Instruction**

Methods of Instruction	Laboratory
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Methods of Instruction	Lecture
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Methods of Instruction	Multimedia			
Methods of Instruction	Demonstrations			
Out of Class Assignments				
<ul style="list-style-type: none"> • Self evaluation (e.g. written assignment about cardio improvement) • Written analysis (e.g. summary of physical and emotional benefits of cycling) • Written description of risks of indoor cycling as compared to other physical activities 				
Methods of Evaluation	Description of Activity/Interaction			
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			
Textbook Rationale				
No Value				
Textbooks				
Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value
Other Instructional Materials (i.e. OER, handouts)				
Description	Instructor-generated reading materials.			
Author	No value			
Citation	No value			
Online Resource(s)	No value			
Learning Outcomes				
Course Objectives				
Explain the intermediate principles of exercise as they apply to indoor cycling.				

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

Demonstrate proficiency in bike set up for individual body size and needs.

Self-monitor intensity using target heart rate zones and perceived exertion.

Demonstrate proper form in different riding positions.

SLOs

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

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

Analyze and explain 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

Review Cycle Preparation and Personal Set-up for Safety and Injury Prevention (5 hours)

- Seat adjustment
- Handle bar position
- Pedal strap set-up
- Fly wheel with resistance adjustment
- Hydration and dress for indoor cycling

Review Safety Techniques (5 hours)

- Use of toe straps
- Fly wheel momentum
- Leg spacing
- Emergency brake
- Secure all adjustments and bolts

Training Profile - Daily to Weekly (5 hours)

- Recovery
- Sprints
- Endurance
- Hills
- Intervals

Cardiovascular Fitness (5 hours)

- Resting heart rate
- Training heart rate
- Recovery heart rate

Riding Positions and Cycling Techniques (pedaling and torso positions) (31 hours)

- Hand position #1 - relates to regular cycling or sprinting
- Hand position #2 - relates to seated climb, walk, run
- Hand position #3 - relates to standing climb or sprinting
- Jump position - combination of related aforementioned positions

Review Preventing Overtraining and Burnout (3 hours)

- Principles of exercise
- Application of the principles of exercise to indoor cycling
- Indications of overtraining - determine balance of daily exercise using the principles of exercise.

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?

No

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