

Glendale College

Course Outline of Record Report

Course ID 010344
Cyclical Review - March 2025

PE112 : Indoor Cycling III

General Information

Author:	• Erin Calderone
Attachments:	DE Addendum_PE_112_COR_3:11:25_CoDE_5:27:25.pdf
Course Code (CB01) :	PE112
Course Title (CB02) :	Indoor Cycling III
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) :	CCC000596761
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 112 builds on skills and concepts in PE 111 and introduces advanced techniques of indoor cycling to improve cardiovascular and muscular fitness, including steady-state training, intervals, hill climbs, sprints and high-intensity interval training (HIIT). Students learn to target appropriate heart rate zones, arrange various components of training, and program appropriate revolutions-per-minute (RPM) and music tempo for choreographed workouts. Students also design and lead an indoor cycling workout to music, and practice skills needed to become indoor cycling instructors.
Justification:	Mandatory Revision
Academic Career:	• Credit
Mode of Delivery:	• In-Person • Remote
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

Indoor Cycling Instructor Skill Award

Skill Award

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

PE111 - Indoor Cycling II

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	Demonstrations
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Methods of Instruction	Presentations
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Methods of Instruction	Lecture
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Methods of Instruction	Multimedia
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Out of Class Assignments

- Self evaluation (e.g. written assignment about cardio improvement)
- Written analysis (e.g. summary of fitness performance benefits of cycling)
- Written design of indoor cycling workout session

Methods of Evaluation	Description of Activity/Interaction
Exam/Quiz/Test	Midterm assessment
Presentation (group or individual)	

Individual project (e.g. design and lead an indoor cycling workout session)

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

Analyze an indoor cycling program as it relates to fitness and performance goals.

Use advanced principles of exercise as they apply to indoor cycling.

Apply effective indoor cycling techniques to design an indoor cycling workout session.

Deliver appropriate cues, feedback, and modifications for an indoor cycling workout.

Identify appropriate music to accompany an indoor cycling workout.

SLOs

Apply principles of exercise to indoor cycling using the MYZONE web-based system.

Expected Outcome Performance: 70.0

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

Use principles of exercise to design and lead a group indoor cycling workout.

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 (6 hours)

- Seat adjustment
- Handle bar positions
- Pedal strap set-up or cycling shoe clip-in
- Fly wheel with resistance adjustment
- Hydration and dress for indoor cycling
- Cues for proper bike set up

Review Safety Techniques (6 hours)

- Use of toe straps or clip-in cycling shoes
- Fly wheel momentum
- Leg spacing
- Emergency brake
- Secure all adjustments and bolts

Training Profile - Daily to Weekly (6 hours)

- Recovery
- Endurance
- Flat Roads
- Jumping
- Hill Training
- Sprinting
- Intervals
- High Intensity Interval Training (HIIT)

Cardiovascular Fitness (6 hours)

- Resting heart rate

- Training heart rate zones
- Steady-state, intervals, sprinting and race-pace heart rate zones
- Recovery heart rate
- Using MYZONE heart rate monitor for various training techniques
- Using rate of perceived exertion and talk test to monitor intensity

Riding Positions and Cycling Techniques (pedaling and torso positions) (22 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 - combinations of related, aforementioned positions
- Revolutions-per-minute (RPM)
- RPM for flat roads
- RPM for hills
- RPM for sprints

Designing and Leading an Indoor Cycling Workout (4 hours)

- Intensity and duration
- Use of intervals, hills, jumps, and sprints
- Designing an inclusive workout and providing modifications for participants
- Music selection and tempo
- Cues and feedback
- Encouragement and motivation

Review Preventing Overtraining and Burnout (4 hours)

- Principles of exercise
- Application of the principles of exercise to indoor cycling for fitness and performance goals
- Indications of overtraining - determine balance of daily exercise using the principles of exercise
- Vocal care for instructors

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/liaisons>):

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?

Yes

If yes, in what areas were these changes made:

- Course Content

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