

Course Syllabus

Indoor Cycling

KINE 1105-001 (Monday & Wednesday 11:00-12:15 a.m.)

Spring 2021

Instructor: Wes Miller

Office: Texan Dome 106

Phone ext.: 2227

E-mail: wmillers@southplainscollege.edu (preferred communication)

Office Hours: M/W 10:00-11:00; T/R 10:00-11:00; F By Appt

Text: No Text

Purpose: Students will master the skills, principles, and fitness level to become proficient at indoor cycling. Concepts of heart rate training, hydration, nutrition, and leg conditioning will also be addressed. To also promote indoor cycling and cycling in general as a lifetime activity.

General Rules:

- A. You get 2 free absences in this class. Each absence after that will result in a letter grade penalty. If you are late it will count as half an absence.
 - a. You will meet 1 day per week in person. The other day will consist of a virtual workout with required email participation. Failure to submit the assignment will be considered an absence.
- B. If you are going to miss class for extreme circumstances (for example: funeral, hospital emergencies, etc.), then get with me to make-up work missed, and I will make a determination if it will count as an absence or not.
- C. You must come dressed to workout on all class days unless previously notified. **If you do not dress appropriately or do not participate, then you will be counted absent!!! You will be required to properly wear a face covering to enter the classroom.**
- D. Turn all electronic devices off and put them away (cell phones, iPods, etc.).
- E. Please bring your own water bottle and personal towel each day.
- F. No foul language.

Injuries/medical: If any injuries occur during class, report them immediately. If you incur an injury outside of class that may keep you from participating or attending class, then call, e-mail, or discuss with me in person about the injury.

Grading Policy:

- a. Grades will be determined as follows:
 - i. 2 cycling tests @ 100 points each: 200 points
 - ii. Final Reflection Paper: 100 points
 - iii. Attendance 200 points
 - iv. Total: 500 points

Drops: The student will be dropped on his or her 6th absence. If your 6th absence occurs after the drop deadline you will receive an 'F'. Disciplinary drops will be taken care of by the instructor.

Grading Scale:

A = 90 – 100 %

B = 80 – 89 %

C = 70 – 79 %

D = 60 – 69 %

F = 59 % or below

SPC Standard Disability Statement:

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) & Lubbock Center 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Non-Discrimination Statement:

South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College -1401 College Avenue, Box 5, Levelland, TX 79336, 806-894-9611

Campus Concealed Carry syllabus statement:

Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at:

http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

COVID-19 Statement:

It is the policy of South Plains College for the Fall 2020 semester that as a condition of on-campus enrollment, all students are required to engage in safe behaviors to avoid the spread of COVID-19 in the SPC community. Such behaviors specifically include the requirement that all students properly wear CDC-compliant face coverings while in SPC buildings including in classrooms, labs, hallways, and restrooms. Failure to comply with this policy may result in dismissal from the current class session. If the student refuses to leave the classroom or lab after being dismissed, the student may be referred to the Dean of Students on the Levelland campus or the Dean/Director of external centers for Student Code of Conduct Violation.