

Course Syllabus

Indoor Cycling PHED 1105 (Monday & Wednesday 11:00-12:15 a.m.) Fall 2018

Instructor: Erik Vance

Office: Texan Dome 105

Phone ext.: 2621

E-mail: evance@southplainscollege.edu

Office Hours: M W 9:30-10:30, T R 9:00-10:00, 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 2 will be a deduction of 3 points from your final grade. **If you are more than 5 minutes late to class, then you will be counted absent for that class!!!**
- 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 days we go outside to do our learn-by-doing sessions. **If you do not dress appropriately or do not participate, then you will be counted absent!!!**
- D. Turn all electronic devices off and put them away (cell phones, iPods, etc.)
- E. 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.

I. Grading Policy

a. Grades will be determined as follows:

- i. 2 tests @ 100 points each: 200 points
- ii. Attendance @ 100 points: 100 points
- iii. Total: 300 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.