

**Common Course Outline for:** *EXSC 1400 Studio Cycling*

**A. Course Description**

1. Number of credits: 1
2. Lecture hours per week: 1 hour  
Lab hours per week: None
3. Prerequisites: None
4. Co-requisites: None
5. MnTC Goals: None

*This course is an activity-based, group-fitness course which involves continuous aerobic activity on studio cycling bikes. Students will learn proper body positions, participate in basic and rhythmic drills, power pacing workouts, and cool-down techniques with an emphasis on cardio-respiratory training improvements.*

**B. Date last revised:** January 2019

**C. Outline of Major Content Areas**

1. Hand and Body Positions
2. Warm-Up and Cool-Down
3. Basic Drills
4. Intensity Training
5. Rhythmic Drills
6. Power Pacing Workouts

**D. Course Learning Outcomes**

Upon successful completion of the course, the student will be able to:

1. Understand the value of cardio-respiratory and muscular endurance.
2. Understand various ways to improve cardio-respiratory and muscular endurance.
3. Demonstrate proper and safe riding and training techniques on indoor cycles.
4. Demonstrate a basic understanding of exercise physiology and anatomy as it applies to indoor studio cycling.

**E. Methods for Assessing Student Learning**

Attendance and class participation, subjective assessment of effort and skill, written objective testing.

**F. Special Information** None