

Course Outline for: EXSC 1400 Studio Cycling**A. Course Description**

1. Number of credits: 1
2. Lecture hours per week: 1
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Cycling is a lifelong cardiovascular activity which utilizes the core and all lower extremity muscles. Taught in a group-fitness format, classes involve continuous aerobic activity on indoor, studio cycling bikes. Proper body positions, heartrate training methods, basic and rhythmic drills, power pacing, and cool-down techniques will be emphasized.

B. Date last reviewed/updated: March 2025**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. Demonstrate proper and safe riding techniques on indoor bikes.
2. Combine cardio-respiratory and muscular endurance training techniques during cycling sessions.
3. Explain the basic fundamentals of exercise anatomy and physiology as it applies to indoor studio cycling.

E. Methods for Assessing Student Learning

Methods for assessment may include, but are not limited to, the following:

1. Attendance and class participation
2. Subjective assessment of effort and skill
3. Written exam

F. Special Information

None