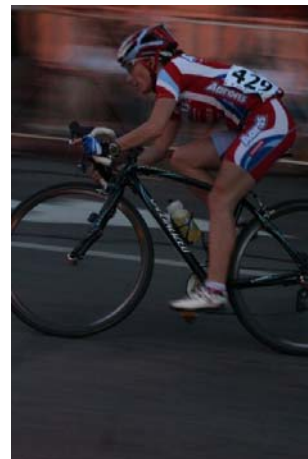


# FITNESS FOR LIFE SPINNING FALL 08

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Instructor: Rebecca Larson  
Office: Ramsey 107C  
Office hours: By appointment  
E-mail: [rdmcc@uga.edu](mailto:rdmcc@uga.edu)  
Meeting time: MWF 10:10- 11:00



## **CLASS MATERIALS (ALL ARE OPTIONAL):**

Water bottle  
Towel  
Heart rate monitor

## **DRESS:**

Proper attire is required. Please come prepared to ride a bike. Sandals, high heels, jeans ect. is not acceptable

## **COURSE OVERVIEW:**

The fitness for life spinning class focuses on improving cardiovascular fitness by participation in regular exercise (cycling). This class will consist of progression throughout the semester, initially with bike set-up, riding techniques, and then different types of intervals and riding styles (seated, standing, jumps ect). Other aspects of physical fitness that will be incorporated into the class will include: flexibility, muscle strength and endurance exercises. NOTE: Students will be expected to participate in moderate to vigorous activity in this class.

## **COURSE OBJECTIVES:**

- 1 To assess your physical fitness.
- 2 Examine your personal attitude toward exercise.
- 3 To understand the role of physical in human health.
- 4 To understand the principles for development of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and controlling or maintaining a healthy body weight.
- 5 To examine the importance of good nutrition.
- 6 To guide you in designing a personal exercise program to promote physical fitness, better health, and increase quality of life.

## **TEXTBOOK:**

Hoeger, W.W. and S.A.Hoerger, (1999). Fitness and Wellness, 6<sup>th</sup> edition. Morton Publishing Company. Englewood, Colorado.

## **GRADING:**

**Attendance/Participation (40%):** Regular attendance and participation is mandatory. Attendance will be monitored through h sign-in sheets located at the back of the classroom. It is your responsibility to sign-in each class to receive full credit. **Four absences are permitted during the semester, the fifth absence you will be given an unsatisfactory grade for the course.**

**Assignments/Quizzes (40%):** All assignments are posted on WEBCT in the assignment page. Completion of all **8** assignments is required by the end of the semester. **The assignments will be turned in two times throughout the semester. Listen for announcements from Rebecca or check WEBCT**

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**for due dates. There will also be 8 quizzes throughout the semester also found on WEBCT.** They must be completed by the last day of the semester.

**Develop a Spin Workout (20%):** Throughout the semester you will be exposed to different workouts. Please create a workout from what you have learned in class. Be creative 😊

### **GRADES:**

Only grades of satisfactory or unsatisfactory will be given.

**70% is satisfactory**

**Less than 69% is unsatisfactory**

### **Academic Honesty:**

All academic work must meet the standards contained in “A culture of Honesty” (<http://www.uga.edu/opvi/honesty.acadhon.htm>). Students are responsible for informing themselves about those standards before performing any academic work.

\*This syllabus is only a course plan; deviations announced to the class by the instructor may be necessary\*

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