

PED-216 : Indoor Cycling

Credits 1

Lab 3

Lecture 0

Clinical/WkExp 0

Session Cycle

Fall Only

Description

This course is designed to promote physical fitness through indoor stationary cycling. Emphasis is placed on pedaling techniques, safety procedures, and conditioning exercises necessary for cycling. Upon completion, students should have improved cardiovascular and muscular endurance and be able to design and participate in a cycling for fitness program.