

Glendale College Course Outline of Record Report

Course ID 010344
Cyclical Review - March 2025

PE112 : Indoor Cycling III

General Information

Author:	• Erin Calderone
Course Code (CB01) :	PE112
Course Title (CB02) :	Indoor Cycling III
Department:	PE
Proposal Start:	Spring 2026
TOP Code (CB03) :	(0835.00) Physical Education
CIP Code:	(31.0501) Sports, Kinesiology, and Physical Education/Fitness, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000596761
Curriculum Committee Approval Date:	03/26/2025
Board of Trustees Approval Date:	06/17/2025
Last Cyclical Review Date:	03/26/2025
Course Description and Course Note:	PE 112 builds on skills and concepts in PE 111 and introduces advanced techniques of indoor cycling to improve cardiovascular and muscular fitness, including steady-state training, intervals, hill climbs, sprints and high-intensity interval training (HIIT). Students learn to target appropriate heart rate zones, arrange various components of training, and program appropriate revolutions-per-minute (RPM) and music tempo for choreographed workouts. Students also design and lead an indoor cycling workout to music, and practice skills needed to become indoor cycling instructors.
Justification:	Mandatory Revision
Academic Career:	• Credit
Mode of Delivery:	• In-Person • Remote
Author:	No value
Course Family:	Cycling

Program Status

Course Program Status (CB24)

Associated Program	Award Type	Active
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Indoor Cycling Instructor Skill Award (In
Development)

Skill Award

Spring 2026