

Glendale College Course Outline of Record Report

Course ID 003016
Cyclical Review - March 2025

PE110 : Indoor Cycling I

General Information

Author:	• Erin Calderone
Course Code (CB01) :	PE110
Course Title (CB02) :	Indoor Cycling I
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) :	CCC000564771
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 110 provides instruction in indoor cycling, a low-impact, non-weight-bearing activity that enhances cardiorespiratory fitness, muscular endurance, and overall well-being. Students will engage in structured cycling routines on a stationary bike, incorporating varied intensity levels and movement patterns. Instruction is supported by music, as well as verbal and visual cues, to facilitate technique, pacing, and performance.
Justification:	Mandatory Revision
Academic Career:	• Credit
Mode of Delivery:	• In-Person • Remote • Hybrid
Author:	No value
Course Family:	Cycling

Program Status

Course Program Status (CB24)

Associated Program	Award Type	Active
Fitness Specialist (AS)	A.S. Degree	Fall 2024

Fitness Specialist (Cert)	Certificate of Achievement	Fall 2024
Indoor Cycling Instructor Skill Award (In Development)	Skill Award	Spring 2026
Kinesiology (AA-T)	AA-T Degree	Fall 2023
Kinesiology (AA-T) (In Development)	AA-T Degree	Fall 2025