

Glendale College Course Outline of Record Report

Course ID 003020
Cyclical Review - March 2025

PE111 : Indoor Cycling II

General Information

Author:	• Erin Calderone
Course Code (CB01) :	PE111
Course Title (CB02) :	Indoor Cycling II
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) :	CCC000564770
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 111 builds on skills learned in PE 110, providing a progressive program to improve cardiovascular fitness, muscular endurance, and overall well-being. Students will utilize intermediate techniques including sprints, intervals, and hill climbing, while continuing to practice cycling safety, proper bike set-up, and heart rate training.
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