KSS 1508 - Group Cycling

Fall 2026 Syllabus, Section 01, CRN 41999,

Credit hours: 1

Instructor

Meri Surdoval-Fetkovich

Email: msurdovalfetkovi@ysu.edu

Public Instructor Information

Instructor Title: Lecturer
Instructor Professional Qualifications:

Ph. D. in Health Sciences (In Progress) Youngstown State University
Master's, MBA, Southern New Hampshire University
Master's, Exercise Science and Health Promotion, Florida Atlantic University
Bachelor's, General Education/Elementary Education, Edinboro University

Instructor Office Location: Beeghly Center 307F

Instructor Office Phone: 330-941-1905

Course Description

1508. Group Cycling. Introduction to improving fitness levels through group cycling. The emphasis in this class will be on improving cardiovascular fitness through indoor stationary cycling bicycles. All fitness levels are welcomed and will acquire fitness benefits. 1 s.h.

Course Readings

Group	Title	Author	ISBN
Optional	No Readings		

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Proposed Topic	Due/To Prepare for Class
8/24	Intro to spin/Set Up/Intro Workouts	
8/31	Building Strength and Endurance on the bike	
9/7	Target Heart Rate and THR Class	SMART Goals Due
9/14	70s Week	Target Heart Rate Assignment Due
9/21	80s Week	
9/28	90s Week	
10/5	2000s Week and Nutrition Lecture	
10/12	Todays Music Week	Nutrition Label Due
10/19	Sprint Based Classes	
10/26	Endurance Based Classes	
11/2	Tour de France Themed Classes	
11/9	Cycle Classes	
11/16	Cycle Classes	Rec Class Due
11/23	Monday only-Thanksgiving Spin	

11/30	Student Led Classes
12/7	No Classes-Finals Week

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.