Wingate Bike Lesson Plan

Amount of time Demo takes: (5 minutes)
Don’t try this at home!

Materials
- Wingate Bike
- Laptop Computer with Monark program
- Black Power cord for Bike
- Gray cord for bike to laptop
- Floor Space for Bike
- Weights

Setup instructions
1. Turn on laptop computer - there is no password on the laptop (press enter when password screen comes on)
2. Connect bike to laptop via gray cord
3. Connect bike to wall via power cord
4. Turn on bike (black power switch near plus for gray cord)
5. Double click on “Monark” software icon on desktop
6. Click on “Test” dropdown menu
7. Click on “Monarch Anaerobic Test”
8. Click on “Mind Trekkers”
9. Click on “Student Examples”

For each trial
1. Adjust the seat height for student
2. Enter body weight in pounds
3. Identify the break weight (# kilograms)
4. Place the small weight plates onto to drop basket (this should equal the break weight)
   a. Note that the smallest plates are ⅛ kg
5. Select manual drop basket

SAFETY!
If the student does not feel capable of completing the entire test, they can stop pedaling before the 30 seconds is up.

- Make sure seat is adjusted correctly to avoid straining the participant’s knees
- Help the students on and off the bike as necessary.

**Lesson’s big idea**

- This short burst of activity is known as anaerobic exercise
- Power is usually higher in males than females
- Though power may be lower for one student, they may be better at aerobic exercises

**Background information**

- Anaerobic Exercise - short-lasting, high intensity activity where there is a shortage of oxygen in the body to meet demands
  - Examples: heavy weight-lifting, sprinting, or any rapid burst of hard exercise

**Instructional Procedure**

1. Pull the blue cord to raise weight basket
2. Click OK
3. Click start on command
4. Have subject start pedaling very fast
5. Give a 3-2-1-GO command
6. On GO, have the subject click the black button located on the handlebars
7. Have subject pedal as hard as they can go for 30 seconds
8. Click stop
9. Click ok

**After Test**

1. Go to analysis
2. Click on Graph - to see decline in power
3. Click on Data analysis - to find peak power, power decline, etc. (power is measured in watts)
   - a. 1 horse power = 747 watts

**Assessment/sample questions you can ask**

- What are examples of aerobic & anaerobic exercise?
● What are different ways to improve your power?
  ○ Athletic training/weight lifting

Clean Up
  ● Unplug all cords and put them in bin
  ● Make sure laptop is powered off

References
  ● SparkPeople -
    http://www.sparkpeople.com/resource/fitness_articles.asp?id=1035