

**Unit 1 R/503/0106**      **Level: 2**      **Credit Value: 2**  
**Unit Title: Planning a Studio Cycling Session**

Learning outcomes	Assessment Criteria
The learner will be able to:	The learner can:
1. Understand the key concepts of studio cycling	1.1 Describe the history of studio cycling 1.2 Identify the benefits of studio cycling for the participants 1.3 Describe a range of handle bar grip to include: <ul style="list-style-type: none"> <li>• Narrow grip</li> <li>• Wide grip</li> <li>• High grip</li> </ul> 1.4 State the importance of efficient pedal strokes / cadence 1.5 Describe a range of riding techniques to include: <ul style="list-style-type: none"> <li>• Seated</li> <li>• Seated Climb</li> <li>• Standing Climb</li> <li>• Sprinting</li> <li>• Jumping</li> </ul>
2. Understand the principles of training for studio cycling	2.1 Explain the difference between free and fixed wheel cycling 2.2 Identify the muscles that are trained during studio cycling to include: <ul style="list-style-type: none"> <li>• Quadriceps</li> <li>• Hamstrings</li> <li>• Gastrocnemius</li> <li>• Soleus</li> <li>• Gluteals</li> <li>• Abdominals</li> <li>• Erector spinae</li> <li>• Stabilising muscles</li> </ul> 2.3 Explain the importance of posture for efficient breathing when cycling 2.4 Explain how to monitor intensity during the studio cycle session 2.5 Explain the importance of rehydration during studio cycling sessions
3. Understand the use of music in studio cycling sessions	3.1 Describe licensing arrangements when using music in studio cycling session 3.2 List reasons to use a microphone in studio cycling sessions 3.3 Describe how to match music to different profiles / sections of the class 3.4 List a range of visualisation techniques to maximise participant motivation

<p>4. Know the safety considerations when teaching a studio cycling session</p>	<p>4.1 Identify the safety considerations relating to studio cycling</p> <ul style="list-style-type: none"> <li>• Verbal screening</li> <li>• Bike safety and set up</li> <li>• Foot position</li> <li>• Seat height</li> <li>• Fore/aft seat position</li> <li>• Handlebar height</li> <li>• Correct form</li> </ul> <p>4.2 Explain the common injuries caused by studio cycling and how to avoid these</p> <ul style="list-style-type: none"> <li>• Knee injuries</li> <li>• Back injuries</li> <li>• Hip injuries</li> <li>• Wrist injuries</li> </ul> <p>4.3 Identify the risks in studio cycling</p>
<p>5. Be able to plan a safe and effective studio cycling session</p>	<p>5.1 Explain the different types of profiles that can be used to plan studio cycling classes</p> <p>5.2 Plan a studio cycling session (Warm-up, Main session, Cool down)</p> <p>5.3 Identify any adaptations or special arrangements due to equipment, facilities or participants</p>
<p>6. Know how to carry out basic maintenance and repair on studio cycling bikes</p>	<p>6.1 Describe day to day maintenance of studio cycles to include:</p> <ul style="list-style-type: none"> <li>• Wiping bikes after use</li> <li>• Polishing fly wheel</li> </ul> <p>6.2 Describe weekly cycle maintenance to include:</p> <ul style="list-style-type: none"> <li>• Lubrication of moving parts</li> <li>• Checking chain/belt tension</li> <li>• Tightening bolts / pins</li> <li>• Clean brake pads</li> <li>• Checking for any loose or worn parts</li> </ul> <p>6.3 Describe monthly / quarterly cycle maintenance to include:</p> <ul style="list-style-type: none"> <li>• Cleaning and inspection of the interior of the chain guard</li> <li>• Cleaning, inspection and lubrication of pedal threads</li> <li>• Inspection for rust damage and repair</li> <li>• Removal of any faulty parts and procedure for the order of replacements</li> </ul>
<p><b>Assessment</b></p>	<ul style="list-style-type: none"> <li>• Externally set internally marked worksheet</li> <li>• Session Plan</li> </ul>

**Unit 2 D/503/0108      Level: 2      Credit Value: 2**  
**Unit Title: Instructing a Studio Cycling Session**

Learning outcomes	Assessment Criteria
The learner will be able to:	The learner can:
1. Be able to instruct the safety considerations for a studio cycling session	1.1 Welcome participants and carry out verbal screening 1.2 Explain the safe set up of handle bars, saddle and pedals to the participants 1.3 Instruct the safe set up of the bike 1.4 Explain health and safety aspects of studio cycling (safe braking/ stopping, secure pedal straps, water, towel) 1.5 Demonstrate correct posture on the bike 1.6 Demonstrate the correct hand and seating positions for the different profiles
2. Be able to instruct a safe and effective studio cycling session	2.1 Introduce the session including aims, objectives and demonstrations 2.2 Instruct a safe and effective session 2.3 Encourage appropriate breathing techniques for the training zone 2.4 Identify appropriate alternatives where appropriate 2.5 Move amongst the group to observe and correct performance 2.5 Use music effectively
3. Be able to demonstrate a range of communication skills	3.1 Use effective verbal and non-verbal communication styles 3.2 Apply effective motivational skills to improve participant performance
4. Be able to evaluate a studio cycling session	4.1 Give feedback to the participants 4.2 Gain feedback from the participants 4.3 Evaluate the effectiveness of the session and own performance 4.4 Record an action plan for improvement
<b>Assessment</b>	Internally assessed and verified using standardised documentation provided by Active IQ: <ul style="list-style-type: none"> <li>• Observation Checklist</li> <li>• Session Evaluation</li> </ul>

**Physical resource checklist**

Resource	Tick availability
A studio or open space able to accommodate a class of 5 – 12. There needs to be enough space to ensure that each studio cycle has adequate space around it	<input type="checkbox"/>
Wall mounted mirrors	<input type="checkbox"/>
13 studio cycles (or sufficient amount for group and instructor)	<input type="checkbox"/>
Music system	<input type="checkbox"/>
Head Microphone	<input type="checkbox"/>
Access to drinking water	<input type="checkbox"/>