



Qualification  
Guidance

# Level 2 Award in Instructing Studio Cycling

Qualification  
Accreditation Number:  
**600/1001/0**  
Version AIQ004524

**Active iQ**

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## Level 2 Award in Instructing Studio Cycling

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### Introduction

The Active IQ Award in Instructing Studio Cycling is at level 2 on the Regulated Qualifications Framework. It is also recognised by The Register of Exercise Professionals (REPs) at level 2, but does not provide access onto the Register. Entry onto the Register is gained via a recognised level 2 fitness instructing qualification

**Guided** learning hours: **10**      Total Qualification Time: **25**      Credit: **4**

Minimum credit to be achieved at or above the level of the qualification	<b>4</b>
Requirements other than the award of credit which needs to be met before the qualification is awarded:	None
Exemptions:	None

### Entry Requirements

- a suitable Level 2 Fitness Instructing qualification e.g. Active IQ Level 2 Certificate in Fitness Instructing
- some experience of studio cycling is useful
- the course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary
- there is also an element of communication (discussing, presenting, reading and writing) involved and Learners should have basic skills in communication pitched at level 2

### Qualification Outline

#### Target Learners:

- adults (aged 16+) wishing to pursue a career in the health and fitness sector as a studio cycling instructor
- fitness instructors who wish to widen their skills by offering studio cycling sessions
- please note that 16 to 18 year-olds may need to be supervised in the workplace, once they have achieved the qualification

#### Aim:

- to train learners, who already have knowledge and skills in fitness instruction, to a professionally competent level to plan and deliver safe and effective group cycling sessions
- to broaden the skills of fitness instructors to include instructing studio cycling sessions

#### Objectives:

- to develop Learner's ability to plan and deliver safe and effective studio cycling sessions

### **Progression:**

This qualification provides:

- progression to the Level 2 NVQ Diploma in Instructing Exercise and Fitness for learners who wish to develop and demonstrate occupational competence in delivering exercise sessions.
- alternatively, it provides progression to Level 3 qualifications in Personal Training for learners who wish to further their knowledge and skills and become personal
- learners may also progress on to qualifications in related sectors, like Sports Massage, where they will be provided with the knowledge and skills to practise sports massage alongside fitness instructing in the health club environment exercise.
- Progression to the Active IQ Level 3 Certificate in Sports Massage Soft Tissue therapy, where learners will be provided with the knowledge and skills to practise sports massage alongside fitness instructing in the health club environment.

### **Links to National Occupational Standards**

There are direct links to the NOS in Instructing Exercise and Fitness

### **Occupational Competence Statements for Tutoring, Assessing and Verifying**

This section outlines the requirements for tutoring, assessing and verifying Active IQ qualifications.

## **Tutors, Assessors and Internal Verifiers**

### **Required Criteria**

All Tutors, Assessors and Verifiers must:

- Possess a discipline specific qualification equivalent to the qualification being taught
- Have relevant industry experience
- Demonstrate active involvement in a process of industry relevant Continued Professional Development during the last two years

### **Tutors**

Tutors must hold, or be working towards a teaching qualification.

The following are acceptable:

- Level 3 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 3 Award in Education and Training
- Level 4 Award in Preparing to Teach in the Lifelong Learning Sector (PTTLS)
- Level 4 Certificate in Teaching in the Lifelong Learning Sector (CTTLS)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Teaching in the Lifelong Learning Sector (DTTLS)
- Level 5 Diploma in Education and Training
- Certificate in Education

### **Assessor**

Assessors must hold or be working towards any of the following:

- Level 3 Award in Understanding the Principles and Practices of Assessment or
- Level 3 Award in Assessing Vocationally Related Achievement or
- Level 3 Award in Assessing Competence in the Work Environment or
- Level 3 Certificate in Assessing Vocational Achievement, or
- A1 (previously D32, D33)

## Internal Verifier

Internal verifiers must hold or be working towards any of the following:

- Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice or
- V1 (previously D34)

All new assessors and quality assurance staff must be given a clear action plan for achieving the appropriate qualification(s) and should be countersigned by an appropriately qualified individual until the qualification(s) are achieved.

## Qualification Structure and Unit Content

This qualification comprises two units:

R/503/0106 Unit 1 Planning a Studio Cycling Session  
D/503/0108 Unit 2 Instructing a Studio Cycling Session

Successful achievement of both units must be achieved for the full qualification.

<b>Learning outcomes</b> <b>The learner will:</b>	<b>Assessment criteria</b> <b>The learner can:</b>
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>	<p>Worksheet Session Plan</p>

<b>Learning outcomes</b> The learner will be able to:	<b>Assessment Criteria</b> 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>	Summative Observed Session Session Self-Evaluation

### Physical resource checklist

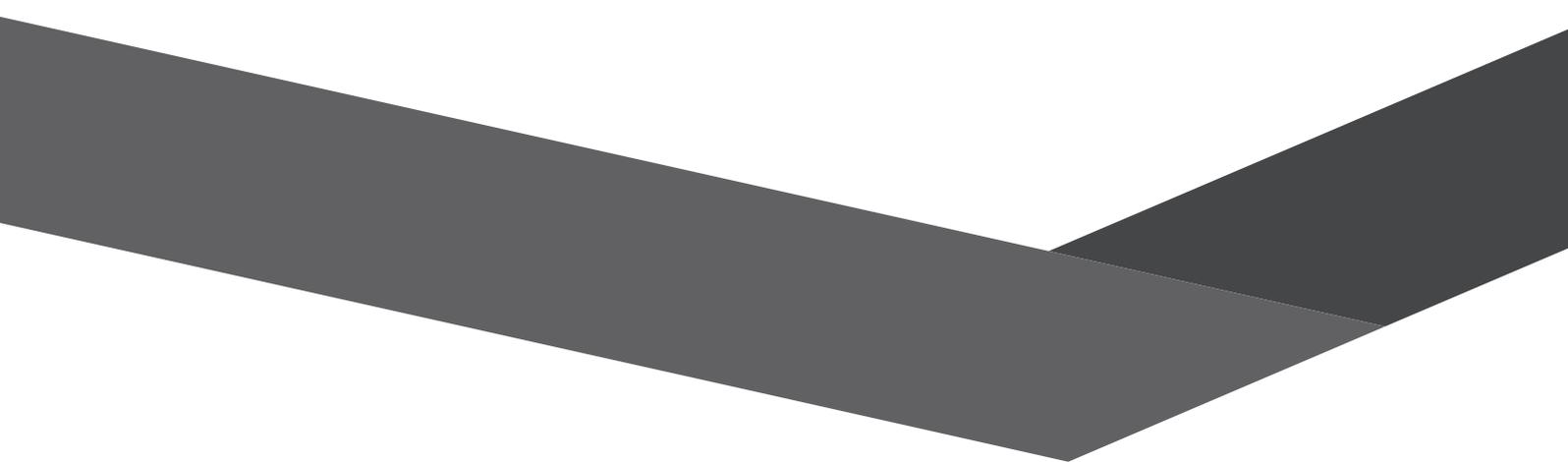
Resource	Tick availability
A studio or open space able to accommodate a class of 5 – 12. There needs to be enough space to ensure that each studio cycle has adequate space around it	
Wall mounted mirrors	
13 studio cycles (or sufficient amount for group and instructor)	
Music system	
Head Microphone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

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