



Qualification
Specification

Active IQ Level 2 Technical Specialist in Instructing Studio Cycling (Award)

Qualification
Accreditation Number:

610/4552/4

Version AIQ006711

Active iQ

Active IQ wishes to emphasise that whilst every effort is made to ensure accuracy, the material contained within this document is subject to alteration or amendment in terms of overall policy, financial or other constraints. Reproduction of this publication is prohibited unless authorised by Active IQ Ltd. No part of this document should be published elsewhere or reproduced in any form without prior written permission.

Active IQ Level 2 Technical Specialist in Instructing Studio Cycling (Award)

Qualification accreditation number: 610/4552/4

Introduction

The Active IQ Level 2 Technical Specialist in Instructing Studio Cycling Sessions (Award) is at level 2 on the Regulated Qualifications Framework (RQF). This qualification has been approved by IfATE, Ofqual and DfE to be recognised as an Additional Specialist Technical Qualification. This qualification builds on the outcomes within an occupational standard and enables an individual to specialise in an occupation having achieved the specialist qualification in addition to their attainment of outcomes set out in the standard.

Guided learning hours:	25	Total qualification time:	40
-------------------------------	----	----------------------------------	----

Entry requirements:

- A suitable Level 2 fitness instructing qualification, for example:
 - Active IQ Level 2 Certificate in Gym Instructing.
 - Active IQ Level 2 Certificate in Group Training.
 - 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 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:

- Learners aged 16+.
- Qualified fitness instructors wishing to widen their skills to offer studio cycling.

Purpose

The purpose of this Additional Specialist Technical Qualification is to provide learners with an understanding of the legal and professional requirements of a studio cycling instructor. Learners are provided with an understanding of the key concepts of studio cycling and how technology can be used in studio cycling sessions. Learners are also provided with the knowledge and skills to be able to plan, prepare and deliver safe and effective studio cycling sessions.

This qualification includes the essential knowledge and skills that are needed to meet the requirements of the physical activity sector's minimum standards for deployment.

Learners who achieve this qualification will:

Understand:

- The legal and professional requirements for studio cycling.
- The skills, motivation and behaviours needed when delivering a studio cycling session.
- The key concepts of studio cycling.
- The principles of training for studio cycling.
- How technology can be used in studio cycling sessions.
- The safety considerations and maintenance requirements when instructing a studio cycling session.

Have demonstrated:

- How to plan a safe and effective studio cycling session.
- How to prepare clients and deliver a safe and effective studio cycling session.
- How to evaluate own practice.

Progression

This qualification provides progression to:

- Active IQ Level 2 Technical Specialist in Instructing Kettlebell Training (Award).
- Active IQ Level 2 Technical Specialist in Instructing Circuit Training (Award).
- Active IQ Level 3 Technical Occupational Entry in Personal Training (Diploma).
- Active IQ Level 3 Technical Specialist in Sports Massage Therapy (Diploma).
- Apprenticeship in Personal Training.

Links to National Standards

There are links to:

- The Leisure Team Member Apprenticeship standard (ST0390).
- The Community Activator Coach Apprenticeship standard (ST0478).
- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Learning and Development Requirements (LDR).

Occupational competence statements for tutors, assessors and internal verifiers

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

Required criteria

All tutors, assessors and internal 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 continuing professional development during the last two years (this may be discipline-/context-specific or relevant to tutoring assessing or quality assurance).

Tutors and assessors

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

The following are acceptable:

- Level 3 Award in Education and Training.
- Level 4 Certificate in Education and Training.
- Level 5 Diploma in Education and Training.
- Certificate in Education (including professional and postgraduate).
- Qualified Teaching and Learning Skills.

Assessors

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

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

Internal verifiers

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.
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice.
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice.
- 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) has been achieved.

Active IQ Level 2 Technical Specialist in Instructing Studio Cycling (Award)

Qualification accreditation number: 610/4552/4

Qualification structure

Learners must complete the mandatory unit.

Unit	Unit accreditation number	Level	GLH	TQT	
1	Planning and instructing studio cycling	J/650/8804	2	25	40

Assessment Design

The assessments for the Active IQ Level 2 Technical Specialist in Instructing Studio Cycling (Award) have been designed to ensure they are valid, fit for purpose and meet the requirements of a technical specialist qualification. We have focused on the reliability and validity of the assessments, to ensure that a learner who successfully completes this qualification is well placed to secure employment in roles related to this standard.

The assessments for this Additional Specialist Technical Qualification consist of the following:

Assessment	Assessment component title	Assessment method	Unit
1	Legal and professional requirements for studio cycling	Knowledge assessment	Unit 1: Planning and instructing studio cycling sessions
2	Skills, motivation and behaviours needed when delivering a studio cycling session		
3	Key concepts of studio cycling		
4	Principles of training for studio cycling		
5	The use of technology in studio cycling		
6	The safety considerations and maintenance requirements when instructing a studio cycling session		
7	Planning a safe and effective studio cycling session	Assignment	
8	Preparing clients and instructing a safe and effective studio cycling session	Observation and questioning	
9	Evaluating own practice	Assignment	

Assessment methods

The following lists the assessment methods used in this qualification, with a description of how they are intended to work.

- **Knowledge assessment**

The knowledge assessments use a range of different question types to assess the learner's cognitive abilities, retention of knowledge and factual recall. The different types of questions include multiple choice, short questions, drag and drop into text and scenario-/video-based questions and answers. The different question types give learners an opportunity to demonstrate achievement in a range of different contexts, allowing learners to apply their knowledge in real-life scenarios linked to the qualification's purpose. Each knowledge assessment has a minimum pass mark of 70%.

- **Assignment**

These assessments use clearly constructed briefs/tasks and associated marking schemes to assess learners' cognitive abilities and/or practical competencies.

This assessment method allows learners to demonstrate problem solving, analytical, research and planning skills. Each assignment has a minimum pass mark of 80% against a pre-set mark scheme.

- **Observation and questioning**

An observation assesses the learner's competence, skills and behaviour through the application of knowledge. This assessment method will also provide an opportunity for the learner to be assessed holistically across the standard.

The focus of the questioning will be on the knowledge, skills and behaviours that are assessed within the observation and in particular on criteria that the learner was unable to demonstrate competence in due to them not occurring naturally. Questions may also be on criteria that have been partially demonstrated during the observation. The purpose of the questions and answers session is not to re-assess criteria that the learner did not achieve as a result of not being competent.

The performance observed and responses to questions will be assessed holistically as part of this assessment method. This assessment is a valid way to assess the learner's knowledge, skills and behaviours in a real-life context, and suitably prepares the learner for the role and demands of a technical specialist in instructing studio cycling sessions. Observations are either pass or refer against set criteria.

Grading

To achieve this qualification, learners must achieve a pass in all of the assessments.

The overall grade for this qualification is **Pass/Refer**.

Unit 1 J/650/8804 **Level:** 2 **GLH:** 25 **TQT:** 40
Unit Title: Planning and instructing studio cycling

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
1. Understand the legal and professional requirements for studio cycling	1.1 Describe the legal and ethical responsibilities of a studio cycling instructor 1.2 Explain the personal insurance requirements of a studio cycling instructor 1.3 Outline the health, safety and insurance requirements when hiring venues or facilities 1.4 Explain the term ‘duty of care’ relating to the health and safety of self and others 1.5 Explain the licensing requirements of a studio cycling instructor, for example, music brands	Legal and ethical responsibilities may include: <ul style="list-style-type: none"> • Screening • Recording information • Record-keeping • Client confidentiality
2. Understand the skills, motivation and behaviours needed when delivering studio cycling	2.1 Identify ways that an instructor can help customers have a positive exercise experience 2.2 Identify ways that an instructor can build social support and inclusion within a group environment 2.3 Explain the physical abilities and coaching skills that are beneficial for delivering studio cycling	Positive exercise experience may include: <ul style="list-style-type: none"> • Building a rapport • Motivation and enthusiasm • Communication skills Physical abilities and coaching skills may include: <ul style="list-style-type: none"> • Sufficient level of fitness • Good movement awareness • Broad exercise technique knowledge • Group training management • Structured and organised • Motivational and encouraging

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
3. Understand the key concepts of studio cycling	3.1 Describe the types of studio cycling sessions on offer 3.2 Identify the benefits of studio cycling for clients 3.3 Describe a range of handlebar grips 3.4 State the importance of efficient pedalling technique, strokes and cadence 3.5 Identify the key teaching points for a range of riding techniques 3.6 Explain the difference between free and fixed wheel cycling 3.7 Describe how visualisation techniques can be used to maximise client motivation 3.8 Explain how different profiles can be used to plan studio cycling sessions 3.9 Describe how to match music to different profiles/ sections of the session	Different types of studio cycling may include: <ul style="list-style-type: none"> • Beat-based • RPM • Watt-based • Heart rate A range of handlebar grips , may include: <ul style="list-style-type: none"> • Narrow grip • Wide grip • High grip A range of riding techniques may include: <ul style="list-style-type: none"> • Seated • Seated climb • Standing climb • Sprinting • Hovering
4. Understand the principles of training for studio cycling	4.1 Identify the muscles that are trained during studio cycling 4.2 Explain the importance of posture for efficient breathing when cycling 4.3 Explain how to monitor intensity during studio cycling 4.4 Explain the importance of rehydration during studio cycling 4.5 Explain the difference between aerobic and anaerobic performance in relation to studio cycling 4.6 Describe the importance of active recovery during studio cycling	Muscles that are trained during studio cycling may include: <ul style="list-style-type: none"> • Quadriceps • Hamstrings • Gastrocnemius • Soleus • Gluteals • Abdominals • Erector spinae • Stabilising muscles

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
5. Understand how technology can be used in studio cycling	5.1 Explain how a range of technology can help clients to increase their activity levels 5.2 Explain how technology can help clients stay motivated and focussed to help them achieve their goals 5.3 Describe a range of ways that fitness professionals can engage with their clients, using current technology , to include online and on-demand sessions 5.4 Explain how to monitor and promote safe studio cycling when delivering online sessions	A range of technology may include: <ul style="list-style-type: none"> • Heart-rate monitors • Mobile-phone applications • Wearable technology Current technology may include: <ul style="list-style-type: none"> • Online sessions • On-demand sessions

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
<p>6. Know the safety considerations and maintenance requirements when instructing studio cycling</p>	<p>6.1 Identify the safety considerations relating to studio cycling</p> <p>6.2 Explain the common injuries caused by studio cycling and how to avoid these</p> <p>6.3 Identify the common hazards that may occur in a studio cycling environment</p> <p>6.4 Describe how to deal with common hazards and manage risk in the studio cycling environment</p> <p>6.5 Describe the appropriate checks required to ensure the safety and cleanliness of studio cycling equipment</p> <p>6.6 List the cleaning substances that can be used to clean the studio cycling equipment</p> <p>6.7 Describe the regular cycle maintenance required to ensure the safety of studio cycling equipment</p>	<p>Safety considerations may include:</p> <ul style="list-style-type: none"> • Verbal screening • Bike safety and set-up • Pedal clip set up • Foot position • Seat height • Fore/aft seat position • Handlebar fore/aft position • Handlebar height • Correct form <p>Common injuries may include:</p> <ul style="list-style-type: none"> • Knee • Back • Hip • Wrist <p>Appropriate checks may include:</p> <ul style="list-style-type: none"> • Checking for any loose or worn parts • Checking chain/belt tension • Checking the seat and handle adjustments and the locking mechanism <p>Regular cycle maintenance, may include:</p> <ul style="list-style-type: none"> • Lubrication of moving parts • Tightening bolts/pins • Cleaning brake pads • Cleaning and inspection of the interior of the chain guard • Cleaning, inspection and lubrication of pedal threads • Cleaning the spin wheel • Check the balance and the tracking of the wheel

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
7. Be able to plan a safe and effective studio cycling session	7.1 Identify potential risks and hazards that may affect the safety of clients in the chosen environment 7.2 Plan safe and effective studio cycling to meet a range of clients' needs 7.3 Plan adaptations and modifications to regress, progress and accommodate different clients' needs 7.4 Select appropriate music for the session 7.5 Record the session plan using an appropriate format	Appropriate music may include: <ul style="list-style-type: none"> • Atmosphere • Motivation • Speed • Genre • Lyrics • Background

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
8. Be able to prepare clients and deliver safe and effective studio cycling	8.1 Use appropriate techniques and communication skills prior to the session 8.2 Provide appropriate advice and guidance in response to information gathered 8.3 Explain how to safely set up the bike for the session 8.4 Explain the appropriate health and safety considerations 8.5 Demonstrate the correct posture, hand and seating positions for the different profiles to be used in the session 8.6 Use the appropriate instructional and coaching methods to support clients' performance 8.7 Use appropriate music for components/profiles, for example, genre, speed, volume 8.8 Use a head mic , where appropriate 8.9 Instruct a safe and effective studio cycling session 8.10 Monitor exercise intensity 8.11 Monitor exercise safety 8.12 Adapt or modify exercises, as appropriate, to accommodate clients' needs 8.13 Respond accurately/appropriately to clients' questions	Appropriate techniques and communication skills may include: <ul style="list-style-type: none"> • Greet clients • Build a rapport • Gather information and check readiness to exercise Information gathered may include: <ul style="list-style-type: none"> • When to signpost to a medical professional • When to defer • When to allow participation Set up of the bike may include: <ul style="list-style-type: none"> • Handlebars • Saddle height • Pedals Health and safety considerations may include: <ul style="list-style-type: none"> • Safe braking/stopping • Pedal straps • Water • Towel Instructional and coaching methods may include: <ul style="list-style-type: none"> • Demonstration • Explanation • Observation • Eye contact • Body language • Correction • Adaptation • Coaching points

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
		<ul style="list-style-type: none"> • Cueing • Visualisation • Praise and encouragement • Use of voice, to include: <ul style="list-style-type: none"> • Tone • Pitch • Variation in volume • Use of silence/no vocals <p>Appropriate music may include:</p> <ul style="list-style-type: none"> • Genre • Speed • Volume <p>Use of head mic may include:</p> <ul style="list-style-type: none"> • Correct set-up • Management of voice projection • Use of appropriate volume <p>Safe and effective studio cycling session, must include:</p> <ul style="list-style-type: none"> • A safe and effective warm up • A safe and effective main component • A safe and effective cool down

Learning outcomes <i>The learner will:</i>	Assessment criteria <i>The learner can:</i>	Indicative content <i>This is provided as a guide for delivery, learners may not be assessed against all of the indicative content.</i>
9. Be able to evaluate own practice	9.1 Gather feedback from participants to review and evaluate practice 9.2 Evaluate the safety and effectiveness of the session 9.3 Identify ways to improve instructional skills and communication 9.4 Identify ways to improve session content for meeting participant's needs 9.5 Evaluate the overall safety of the studio cycling session	Safety and effectiveness of the session must include: <ul style="list-style-type: none"> • Session structure • Selected exercises and equipment • Instructional skills • Communication
Assessment	Knowledge assessments Assignments Observation and questioning	

FOR OFFICE USE ONLY

VERSION NUMBER	DATE	NOTES
AIQ006711	14/08/2024	DOCUMENT PUBLISHED

Active

Quorum Park
Q6 Benton Lane
Newcastle upon Tyne
NE12 8BT



T 01480 467 950
F 01480 456 283
info@activeiq.co.uk
www.activeiq.co.uk



Active IQ wishes to emphasise that whilst every effort is made to ensure accuracy, the material contained within this document is subject to alteration or amendment in terms of overall policy, financial or other constraints. Reproduction of this publication is prohibited unless authorised by Active IQ Ltd. No part of this document should be published elsewhere or reproduced in any form without prior written permission.