

Award in Group Indoor Cycling

Qualification Accreditation Number: 500/8787/3

Delivery

Intensive & part-time

Course Information

This weekend/two-day intensive course will provide you with all the necessary up-to-date skills needed to become a Group Indoor Cycle Instructor. The qualification is recognised worldwide and will enable you to work as an instructor and run group indoor cycle classes with any leading fitness provider. This course will also support you in running your own group indoor cycle classes.

Entry Requirements

Learners should have an active interest in the sports and leisure Industry, ideally have experience as a Fitness Instructor or Exercise to Music Instructor and hold a valid CYO Level 2 qualification such as a Certificate in Fitness Instructing, Gym or Exercise to Music.

Course units



Course Content

During the course you will study and be assessed in:

- How to design and teach safe and effective group indoor cycling sessions

- The principles of warm up, the aerobic curve and cool down
- Working to music
- Motivating participants
- A variety of group teaching skills
- Core stability exercises
- Cycle set up and safe cycling technique
- How to respond to health and safety issues

Assessment

The Course is assessed through a portfolio of evidence to include:

- Group indoor cycle-based programme for a group
- Group indoor cycle-based practical session
- Evaluation sheet

How to Apply

For schools, colleges and employers, please email or call our booking team for further information.

As an individual trainee you can apply online or alternatively complete the course request form and one of our advisors will help support you in your application.

