

# Level 2

## Award in Group Indoor Cycling

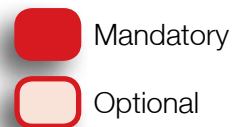
At a glance

### Structure:

Plan and Prepare  
a Group Indoor  
Cycling Session

Instruct and  
Evaluate a Group Indoor  
Cycling Session

Total guided learning hours: 30



## In detail:

This qualification is available to individuals already instructing who wish to improve their knowledge and skills to enable them to deliver group indoor cycling sessions. It is also relevant for those already running such sessions without a formal qualification.

## Candidates will learn:

- How to plan, teach and evaluate a safe and effective group indoor cycling session
- Appropriate health and safety considerations
- Cycling approaches and techniques
- How to set up a class
- Effective use of music

## Prerequisites:

Candidates must be in possession of a CYQ Level 2 Certificate in Fitness Instructing qualification, or other qualification recognised by the National Qualifications Framework (NQF).

(see [www.accreditedqualifications.org.uk](http://www.accreditedqualifications.org.uk))

Candidates holding non NQF certificates may be considered for this qualification. However, training providers must apply APA or APL as appropriate to ensure that the requirements of the prerequisites are met. All evidence of APA and APL must be available to the CYQ external verifier upon request.

NB: It is the responsibility of the training provider to ensure that all candidates meet the prerequisites prior to assessment of this qualification. CYQ is unable to certificate unless the prerequisites are met.

It is recommended that centres offering this qualification should have access to an appropriate practical facility and that all courses leading to the certificate should be run with a practical bias.

## Assessment:

### Internally assessed via:

- Lesson plans
- Practical (using standardised marking criteria set by CYQ)
- Evaluation

## QCA information:

Qualification accreditation number: ..... 100/5052/8  
Accreditation start date:..... 01 May 2005  
Accreditation end date:..... 30 April 2009  
Certification end date:..... 30 April 2011

## Mandatory units:

Unit title	Unit no.	QCA unit code
Plan and Prepare Group Indoor Cycling Session	01	R/103/0503
Instruct and Evaluate a Group Indoor Cycling Session	02	Y/103/0504

## REPs:

- REPs points: 20

