**Record of learner observation**

Unit 02 Instructing group cycling sessions (Y/617/4024)

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | NCFE Level 2 Award in Instructing Group Cycling (603/3936/6) | **Learner name** |  |
| **Date & time of observation** |  | **Assessor name** |  |

|  |  |
| --- | --- |
| Description of the learner’s activity. Please include:   * people present * what was observed * what the learner did. | Assessment criteria met |
|  |  |
| **Feedback to learner** | |
|  | |

**LO1 Be able to prepare for a group cycling session**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Yes** | **No** |
| 1.1 | Prepare self for a group cycling session |  |  |
| 1.2 | Prepare the environment for a group cycling session |  |  |
| 1.3 | Prepare the equipment for a group cycling session |  |  |

**LO2 Be able to prepare participants for a group cycling session**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Yes** | **No** |
| 2.1 | Welcome and make participants feel at ease |  |  |
| 2.2 | Carry out pre-exercise screening with participants |  |  |
| 2.3 | Instruct participants in the correct set up of the bike |  |  |
| 2.4 | Demonstrate to participants how to brake safely whilst on the bike |  |  |
| 2.5 | Provide key safety information to participants |  |  |

**LO3 Be able to deliver a safe and effective group cycling session**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Yes** | **No** |
| 3.1 | Provide an introduction to the group cycling session |  |  |
| 3.2 | Demonstrate the correct posture and breathing technique |  |  |
| 3.3 | Deliver a safe and effective group cycling session, to include:   * warm-up * main training component * cool-down and stretches |  |  |
| 3.4 | Give clear instructions and correct demonstrations of riding techniques |  |  |
| 3.5 | Manage the class safely and effectively |  |  |
| 3.6 | Demonstrate a range of effective verbal/non-verbal communication techniques |  |  |
| 3.7 | Provide motivation and encouragement to participants throughout the session |  |  |
| 3.8 | Manage the overall session timings |  |  |
| 3.9 | Conclude the session and leave the environment in a safe, suitable condition, ready for further use |  |  |

**Lo4 Be able to evaluate and reflect on a group cycling session**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Yes** | **No** |
| 4.1 | Provide feedback to participants on their performance during the session |  |  |
| 4.2 | Gain feedback from participants about the group cycling session |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Assessor Signature** |  | **Date** |  |
| **Learner Signature** |  | **Date** |  |

### Contact us

NCFE

Q6

Quorum Park

Benton Lane

Newcastle upon Tyne

NE12 8BT

Tel: 0191 239 8000\*

Fax: 0191 239 8001

Email: [customersupport@ncfe.org.uk](mailto:customersupport@ncfe.org.uk)

Websites: [www.ncfe.org.uk](http://www.ncfe.org.uk)

NCFE © Copyright 2021 All rights reserved worldwide.

Version 1.0 September 2021

Information in this record of learner observation is correct at the time of publishing but may be subject to change.

NCFE is a registered charity (Registered Charity No. 1034808) and a company limited by guarantee (Company No. 2896700).

CACHE; Council for Awards in Care, Health and Education; and NNEB are registered trademarks owned by NCFE.

All the material in this publication is protected by copyright.