**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

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

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