

Learner workbook

**NCFE Level 2 Award in Instructing Group
Cycling QN: 603/3936/6**

Learner name:

Centre number:

Centre name:

Tutor name:

Start date:

Signatures

Learner:

Assessor:

Internal quality assurer (IQA)*:

External quality assurer (EQA)*:

* for completion if part, or all, of the evidence has been sampled by the internal and/or external quality assurer

Unit 01

Planning group cycling sessions (R/617/4023)

Overview

This unit covers the knowledge and skills an instructor needs to be able to plan safe and effective group cycling sessions.

This booklet allows opportunities to provide evidence for assessment criteria 1.1 to 6.4. To support your evidence, the following websites may support you with some important information to complete the tasks:

- www.acsm.org
- www.fitnessindustryeducation.com
- www.bases.org.uk

Supporting evidence

Ensure that all the evidence is available for viewing by the Internal and External Quality Assurer.

Unit 01 Workbook

After completing your assessment, please return it to your tutor.

Advice to all learners

- please complete your personal details and learner declaration below
- complete all questions in this assessment
- write your answers in the spaces provided
- add any additional work for any of the questions on plain paper and attach to this assessment
- if you need guidance or assistance, please contact your tutor

Learner declaration

I have completed all sections of this assessment and I confirm that this is my own work.

Signature:

Date:

Assessor:

IQA:

Achieved:

Not yet achieved:

Learning outcome 1

Understand the benefits, uses and principles of group cycling

Task 1 Describe the benefits of circuit training sessions in terms of the following: (1.1)

Benefits	Description
Physical	
Instructor	
Participant	

Task 2: Describe the training effects from group cycling (1.2)

Task 3: Explain the differences between free and fixed wheel (1.3)

Free wheel	Advantages	Disadvantages
Fixed wheel	Advantages	Disadvantages

Evidence sheet

Assessment criteria	Assessor comments
1.1	
1.2	
1.3	

Assessor signature:	
IQA signature:	
Date:	

Learning outcome 2

Understand the health and safety considerations for group cycling sessions

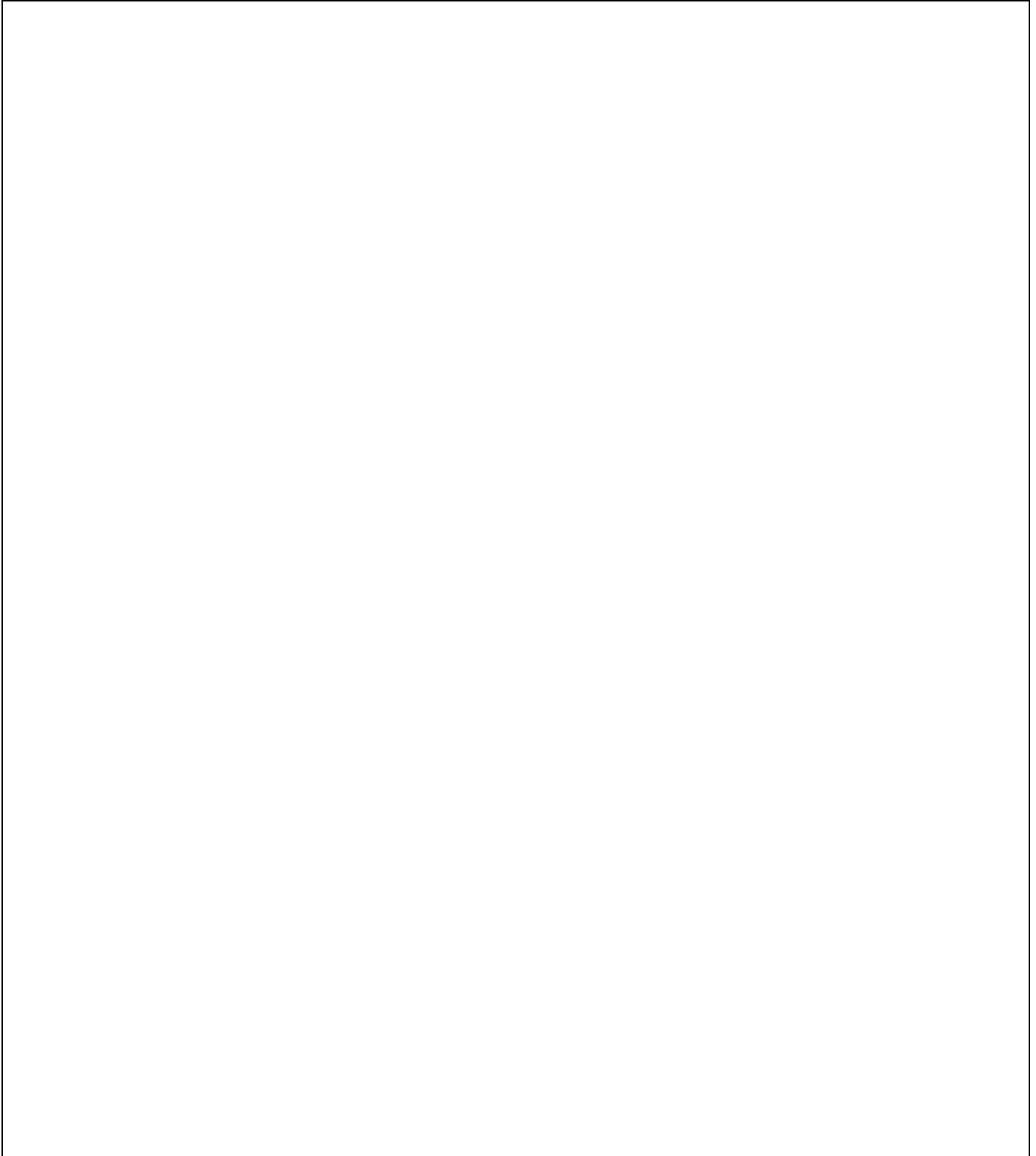
Task 1: Explain safety considerations for each of the identified factors below, in relation to group cycling sessions (2.1)

Consideration	Explanation
Environment	
Equipment	
Participants	


Task 2: Explain the potential risks to participants during a group cycling session and the precautions to take to minimise them (2.2)

Risks	Precautions	Explanation

Task 3: Explain how to set up and use a bike correctly (2.3)



Task 4: Describe the possible contraindications for participants taking part in a group cycling session (2.4)



Evidence sheet

Assessment criteria	Assessor comments
2.1	
2.2	
2.3	
2.4	

Assessor signature:	
IQA signature:	
Date:	

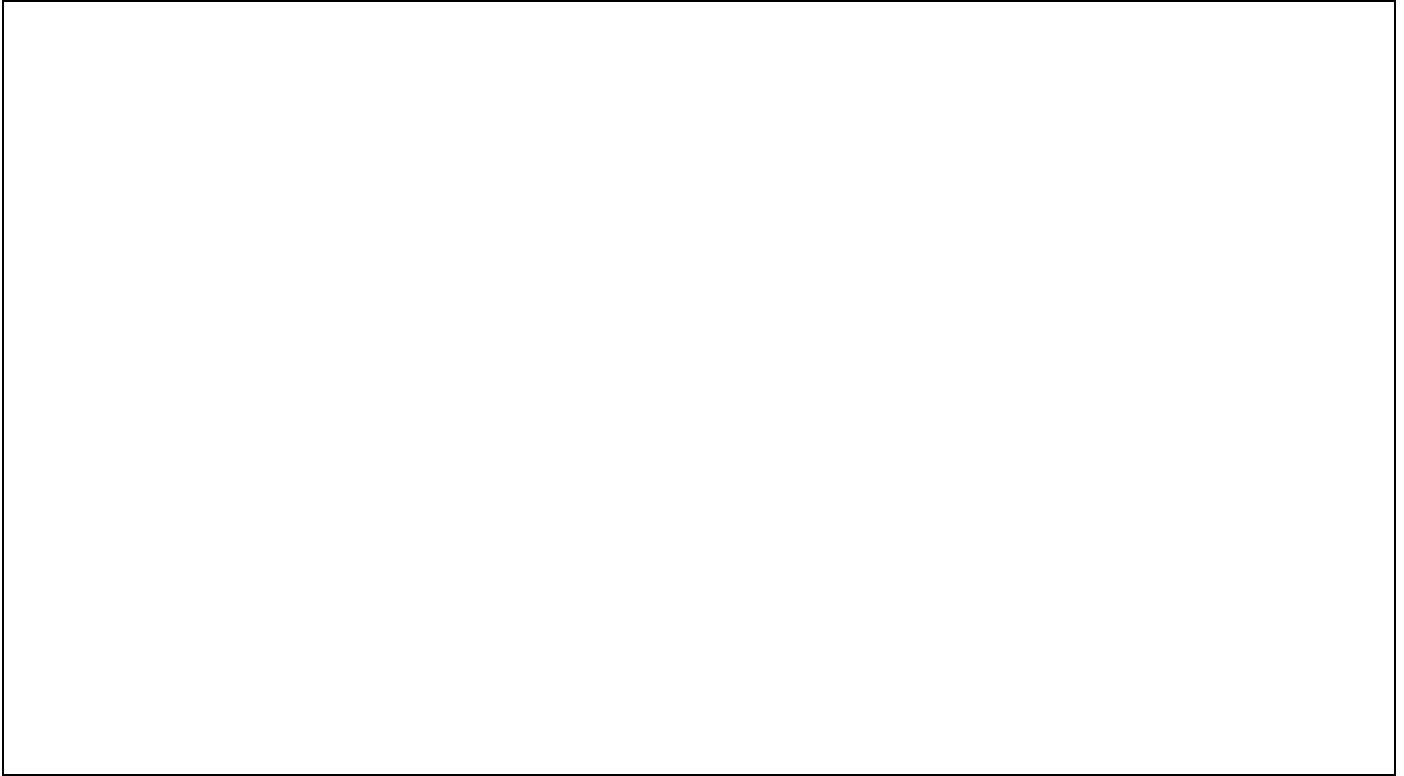
Learning outcome 3

Understand the techniques to use in group cycling sessions

Task 1: Identify the range of handlebar grip positions and when to use them (3.1)

Position	When to use

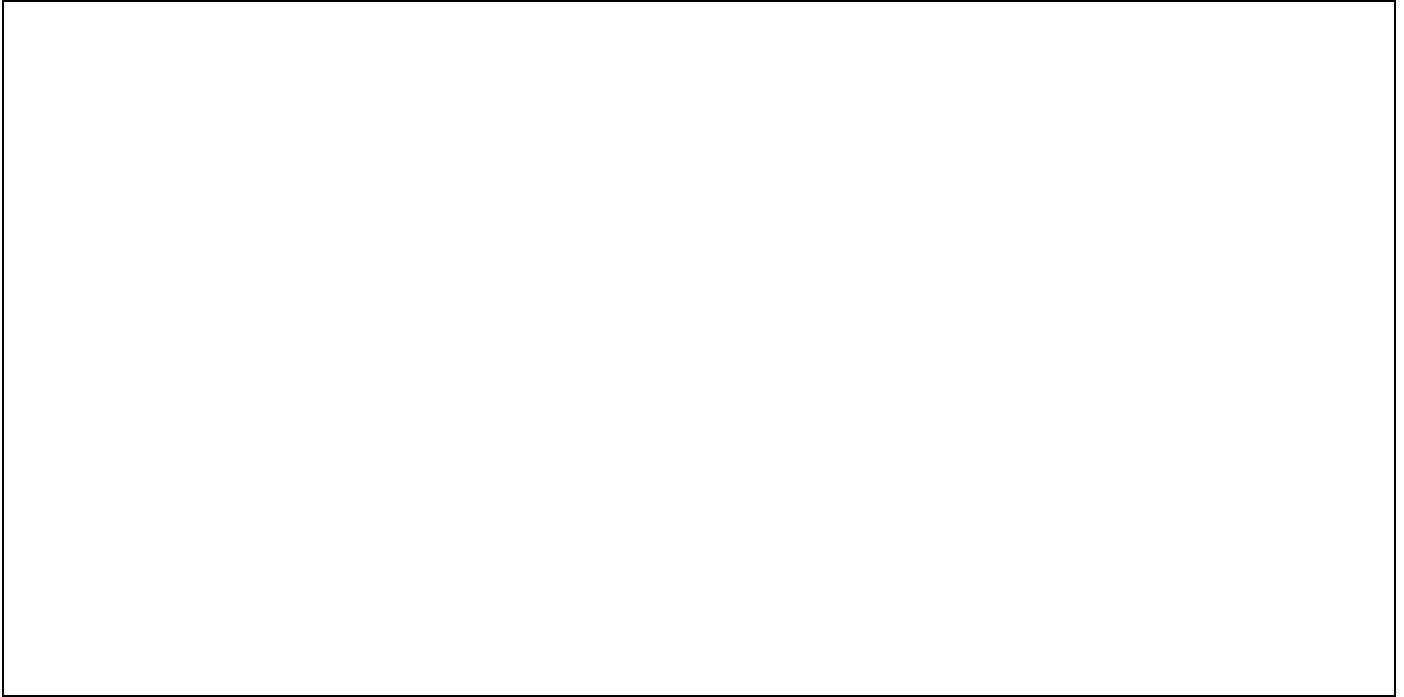
Task 2: Explain the riding techniques and when they would be used (3.2)



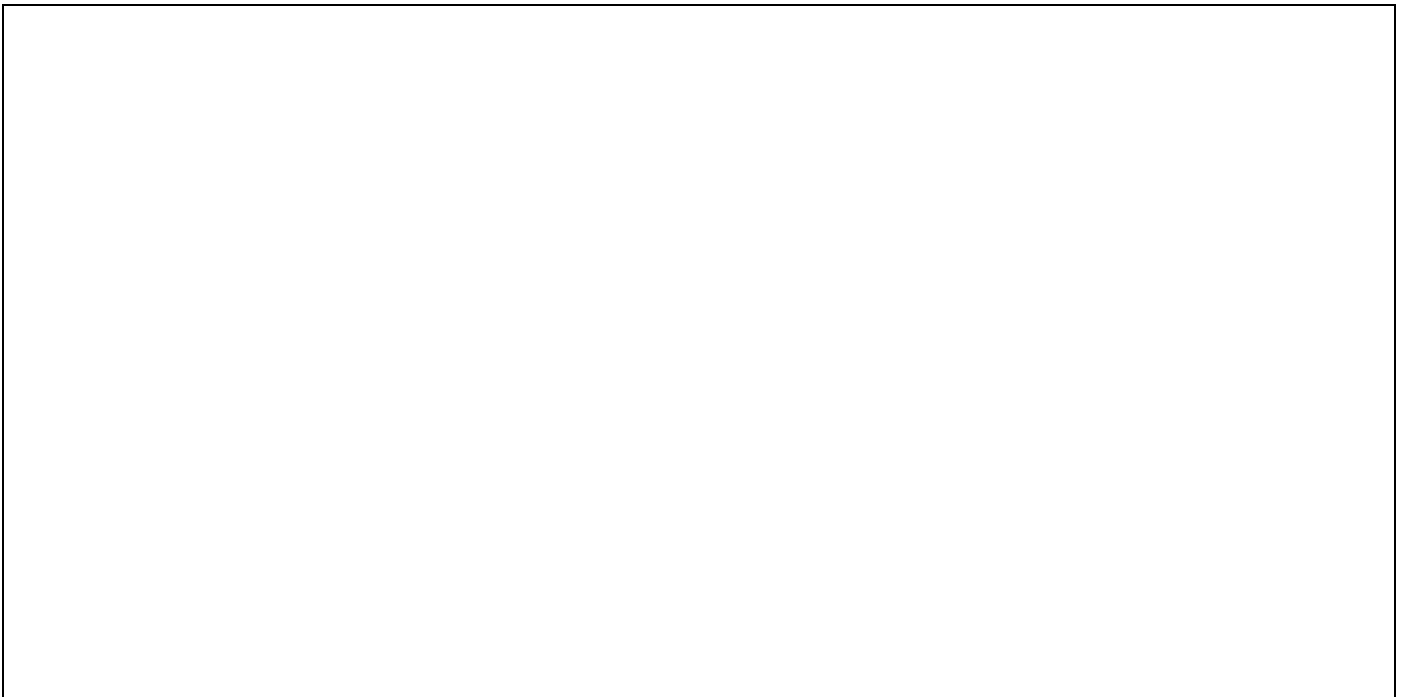
Task 3: Explain how to pedal efficiently (3.3)

Component	Explanation
Power output	
Cadence	
RPM	
Watts	

Task 4: Identify methods of varying the intensity of group cycling sessions (3.4)



Task 5: Explain the importance of correct posture and breathing in group cycling (3.5)



Evidence sheet

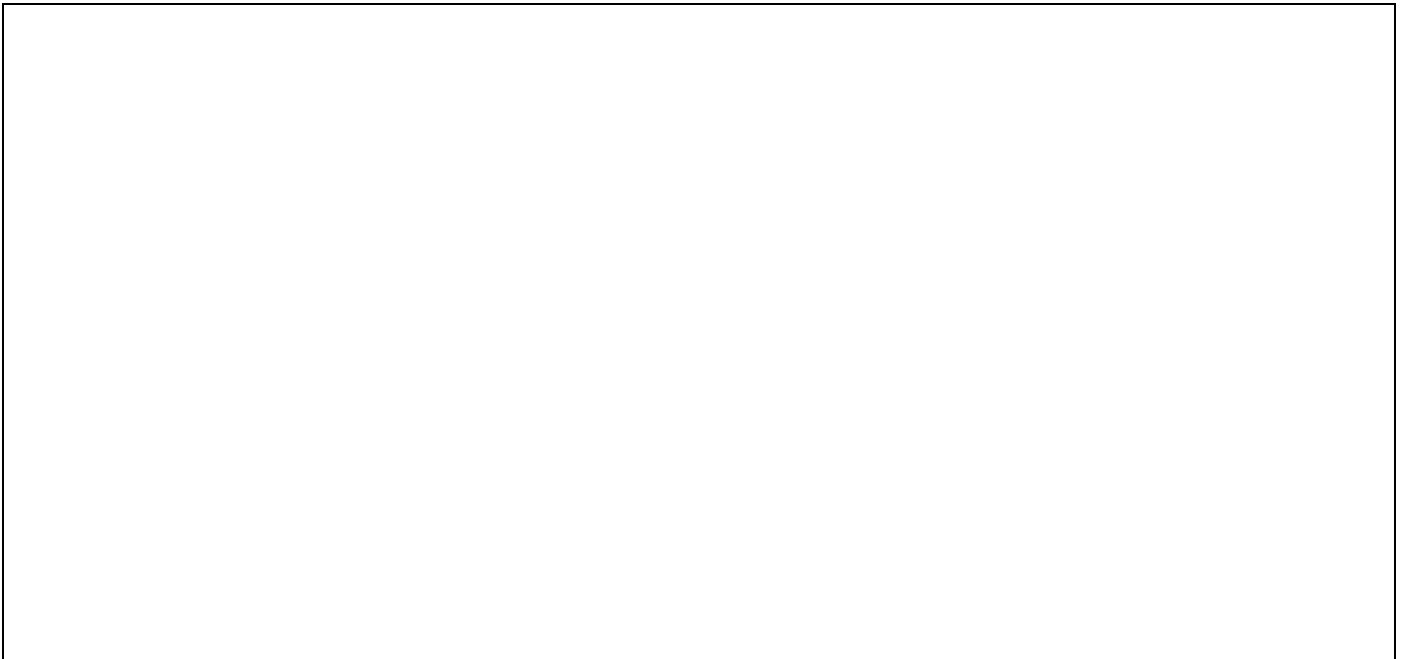
Assessment criteria	Assessor comments
3.1	
3.2	
3.3	
3.4	
3.5	

Assessor signature:	
IQA signature:	
Date:	

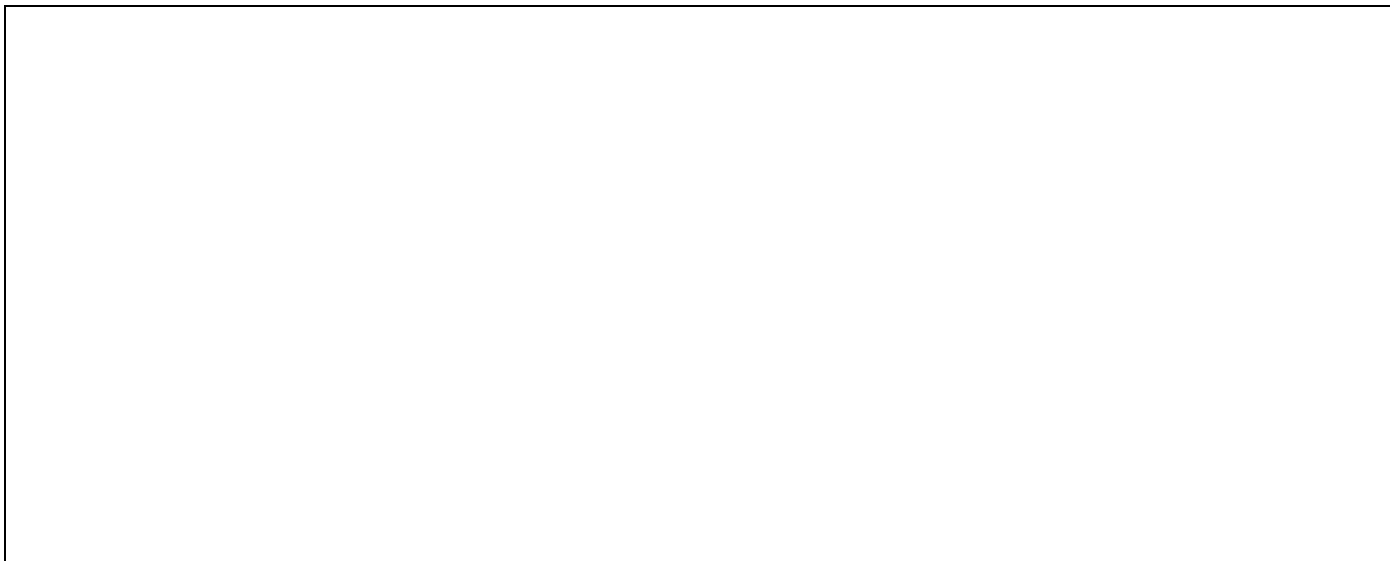
Learning outcome 4

Understand the use of music during group cycling sessions

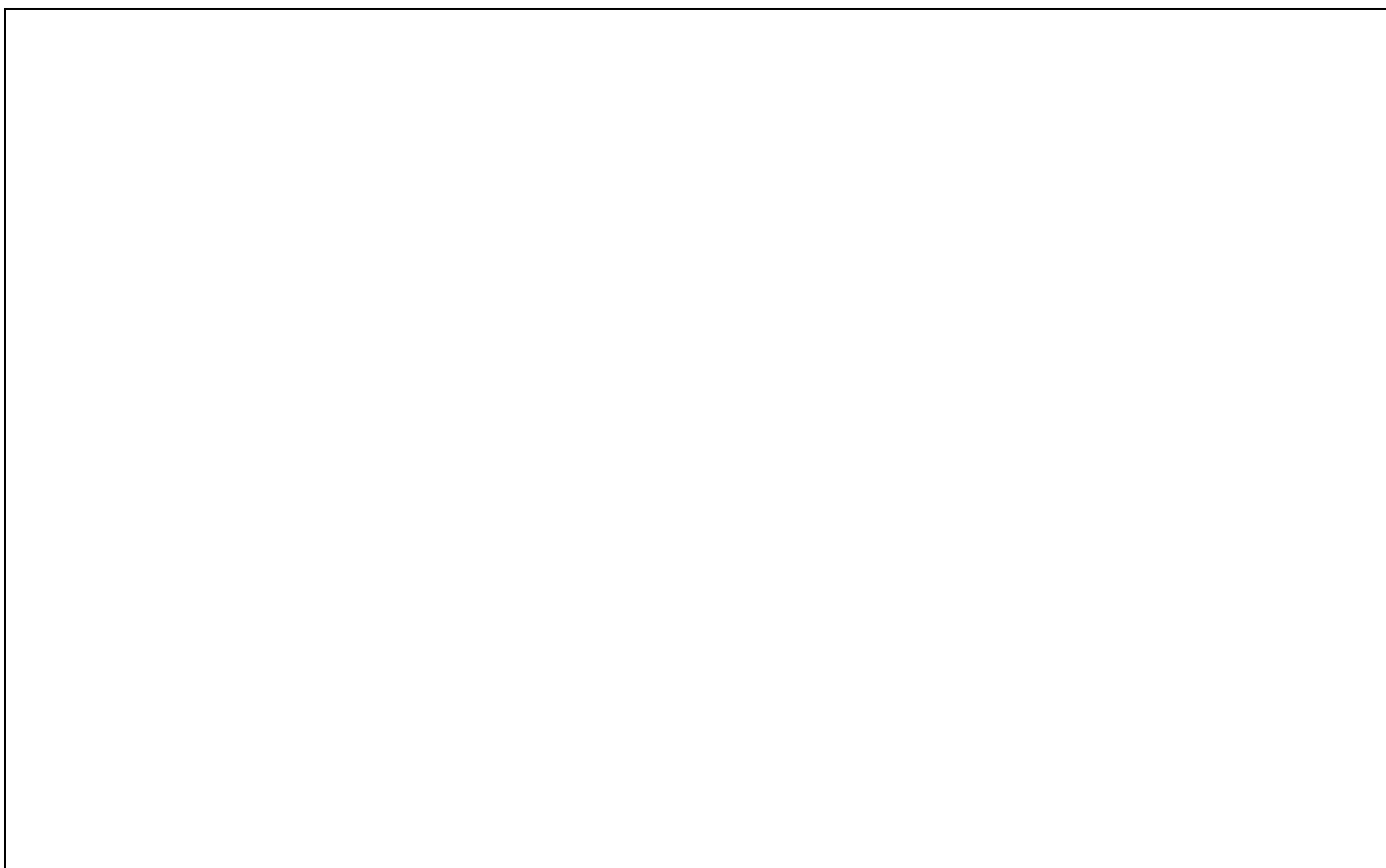
Task 1: Describe the licensing requirements that cover the use of music (4.1)



Task 2: Describe the importance of music during group cycling sessions (4.2)



Task 3: Give examples of how to match music to the different training profiles and sections of the session (4.3)



Task 4: identify the reasons to use a microphone during group cycling sessions (4.4)

A large, empty rectangular box with a thin black border, intended for the candidate to write their answers to the task. The box is currently blank.

Evidence sheet

Assessment Criteria	Assessor Comments
4.1	
4.2	
4.3	
4.4	

Assessor signature:	
IQA signature:	
Date:	

Learning outcome 5

Be able to plan safe and effective group cycling session

In this learning outcome, begin to plan for the group cycling session you will be assessed on as part of the qualification. You must plan for a minimum of four participants and a 30-minute session.

If you would prefer to design and record your plan in an alternative format, feel free to do so. Just ensure that it clearly covers the assessment criteria below.

Task 1: Plan the aims and objectives of your group cycling session (5.1)

Aims	Objectives

Task 2: Plan the equipment needed, and the training environment to be used, for your group cycling session (5.2)

Equipment	Environment

**Task 3: Plan the structure and content of your group cycling session (5.3)
and plan the adaptations, alternatives and modifications for each
exercise (5.4)**

Warm-up	Exercise, adaptations, alternatives and modifications

Main session (to include training profiles, pace, timings, intensities, resistance, repetitions and teaching points)	Exercise adaptations, alternatives and modifications

Cool-down	Exercise modifications

Evidence sheet

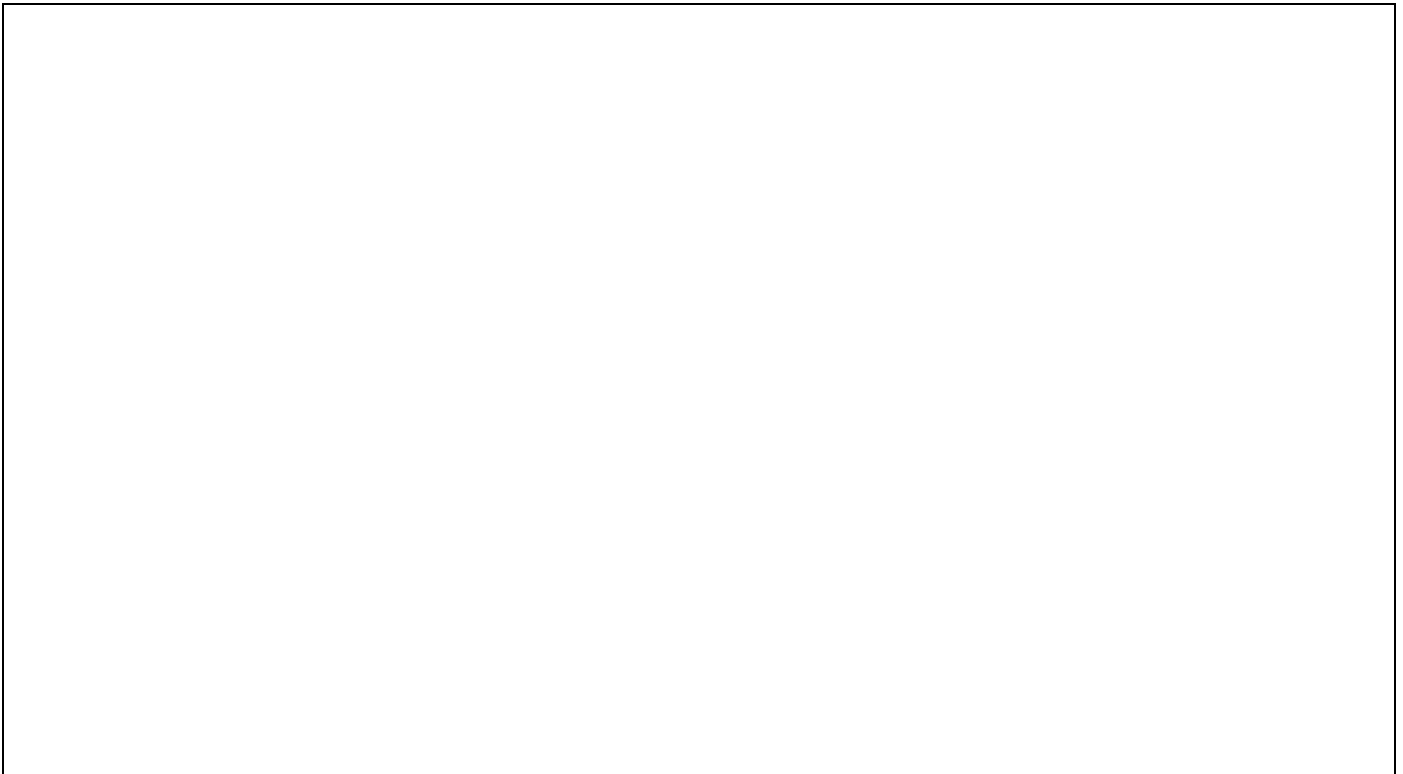
Assessment Criteria	Assessor Comments
5.1	
5.2	
5.3	
5.4	

Assessor signature:	
IQA signature:	
Date:	

Learning outcome 6

Understand how to instruct safe and effective group cycling sessions

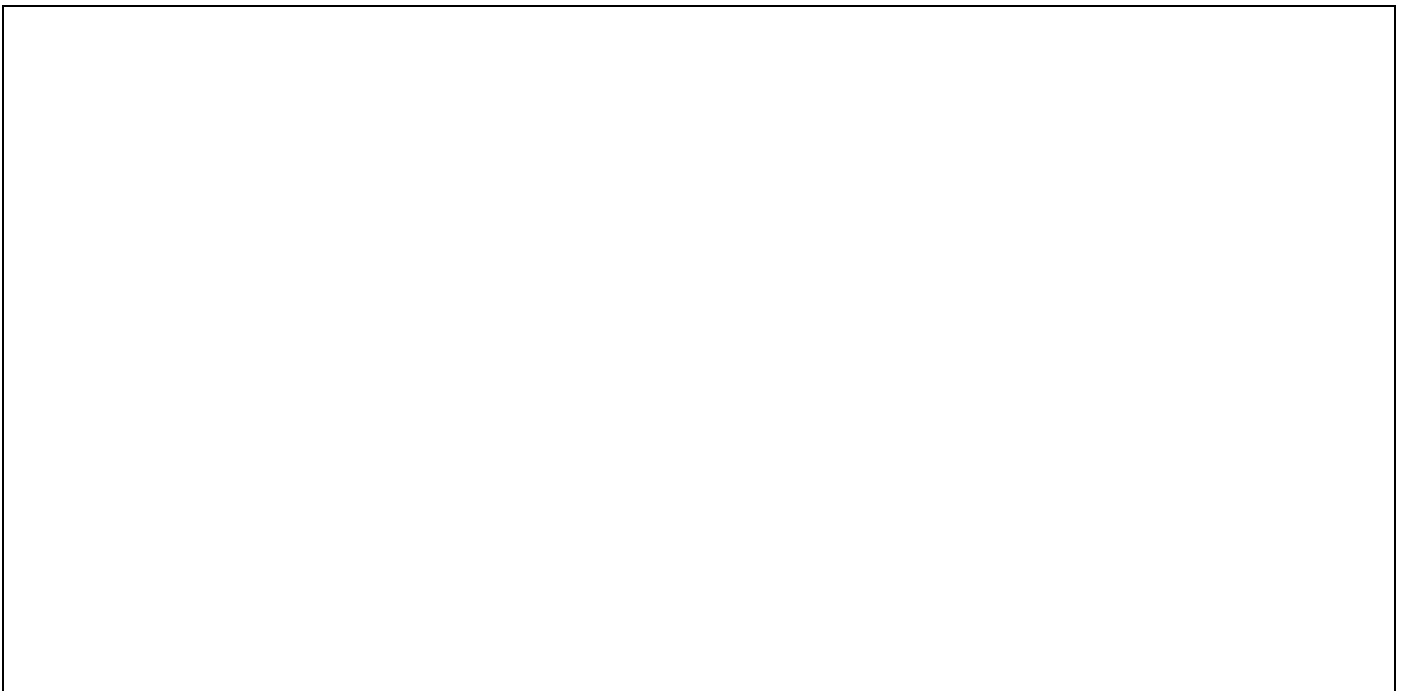
Task 1 Explain the importance of correct demonstrations and clear instruction (6.1)



Task 2: Describe ways to observe and monitor performance (6.2)



Task 3: Explain ways to engage and motivate participants during circuit training sessions (6.4)



Evidence sheet

Assessment Criteria	Assessor Comments
6.1	
6.2	
6.3	
6.4	

Assessor signature:	
IQA signature:	
Date:	

Well done!

You have completed all the tasks. Hand them in to your tutor for feedback.

Feedback form

Assessment decision

Achieved

Not yet achieved

Comments/feedback

Comments/feedback

Assessor signature:		Date:
Learner signature:		Date:
IQA signature:		Date:
EQA signature:		Date:

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