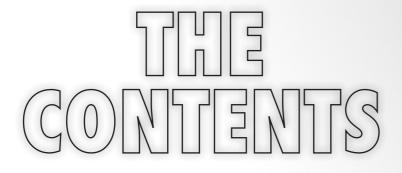


OPERATIONS MANUAL



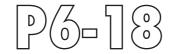




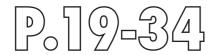
Introduction Mission Statement/Philosophy



Trainer Development Information



Course Administration Materials Venue Checklist **Delegate Release Form** Summative Assessment Process **Course Evaluation** Appeals Policy



External Verification Process Course Checklist Quality Control Form Aims and Outcomes Checklists



Building a good foundation is a must for a strong support system. I.C.E STAGES is the market's ultimate online education and resource for core teaching in Indoor Cycling.

THE I.C.E PHILOSOPHY

The philosophy of the I.C.E programme is to give you the opportunity to develop an 'emotional and enthusiastic' response to group exercise within a controlled, motivating and enjoyable environment.

'Group indoor cycling' is a dynamic and social exercise format bringing people of different ages and fitness levels together in one group and integrating male and female participants in an effective training programme.

I.C.E. classes appeal to everyone whatever their skill level and will motivate both existing class members and attracting new participants. I.C.E. offers a clear pathway to improved health within a sociable and enjoyable environment.

Countless hours have been spent on redefining the delivery of essential learning to meet the needs of the new professional and the seasoned professional without compromise.

In this industry leading education the new I.C.E format and revised content establishes a comprehensive 16-hour learning program and invaluable resource. This comprehensive range of education programs offers you a wealth of indoor cycling knowledge as well as opening the door to a unique and exciting new indoor cycling teaching experience



I.C.E TEAM SELECTION

How many team members do you require?

(This will depend on the area you are covering and whether you require regional Master Trainers.)

How much indoor cycling experience do they have?

(You should request a minimum of 1-2 years cycling experience and a minimum of 2 years teaching experience.)

How much experience do they have presenting educational material?

(Experience in presenting education material is a valuable skill set that a potential Master Trainer can offer therefore a minimum of a year is ideal and helps with the speed with which the Trainer will be ready to present the education.)

What background fitness gualifications do they have?

(A studio teaching background is ESSENTIAL and a minimum of 1-2 years of up to date indoor cycling experience.)

(A potential MT must also show that they keep themselves up to date with all general fitness trends and have a good knowledge of their market.)

How much time do they have to give for learning the product and presenting it?

(The Mt training takes a lot of personal dedication and time so that they can represent themselves and the product to the best of their capability.)

Will they commit to the product?

(I.C.E Master Trainers can ONLY represent and cycle for I.C.E as they will be seen as the global face of I.C.E for your company.)

Will they be good representatives for the education?

(Will they represent your company and I.C.E professionally whatever situation they are in whether it be at a convention, event or talking to potential clients.)(Do they have a good reputation in the industry.) (Are they approachable, friendly and professional)

Will they be able to present to a course of 16 other trainers?

(Do they have the confidence to work, present and teach in front of other fitness professionals and take on the product with full commitment.)

Arrive at the venue at least 20 minutes before the start time. 1.

- 2. and the trainer team.
- Follow guidance from the tutor throughout the day. 3.
- 4. Discuss an appropriate time for discussion with the tutor.
- Maintain consistent, appropriate and professional body language 5. throughout the day especially during assessments.
- 6. and at assessments.
- 7. Eating and drinking during the sessions is not permitted by tutors or trainees.
- Declare any conflict of interest if you know candidates personally or 8. through work that are attending the course.

following guidelines:

- 1. Participate fully in the tutor briefings.
- 2.
- 3. sessions on your own. When observing the sessions follow the trainer throughout the
- 4. methods of delivery queries you may have.
- 5. assessments to discuss with the tutor at the appropriate time.

I.C.E Ltd hopes you enjoy the shadowing process and please feel free to contact us if you have any queries.



Interact in a friendly and professional manner with venue staff, candidates

Remain unobtrusive and refrain from talking throughout the sessions.

Avoid the temptation to get involved in discussions during the sessions

To get the most out of your tutor shadowing and further tutor training please also consider the

Listen to the guidance provided to all candidates in the briefings by the Master Trainer.

Consider observing a couple of sessions in their entirety before practising delivering the whole session and make notes of what you have seen throughout all the stages of delivery.

When the tutor is available discuss and question the session delivered to clarify technical or

After you are confident in making your own assessment decisions make notes during the







Thank you for choosing the IndoorCycling Group to deliver your training. To ensure that the training course runs smoothly, please complete the following form giving as many details about your venue and facilities as possible.

Club Manager:
1. Site Information
Site Opening Times:
Parking Facilities: Free Pay to park
Please indicate Charges:
2. Indoor Cycling/Kranking Area
Studio Gym Floor Other Please detail:
Does the studio have mirrors? Yes No
Total number of Cycles/Kranks Available? Make: Model:
CD Player Pitch Control MP3Compatible
Portable System Installed
Is the music system accessible from the instructor's bike? Yes No
Head Mic; Type/Model:

Frequency: _

Please indicate if there are any other classes/events scheduled that may affect th course and start and finish times:
AM: PM:
3. Changing Facilities
Showers: Yes No
Lockers: Yes No
Towels Available: No charge Hire Charge
4. Lecture Facility
Seating Capacity:
Equipment available:
Flip Chart/whiteboard: Yes No
Marker Pens: Yes No
Power Point Projector: Yes No
OHP: Yes No
5. Catering Facilities
Cafe/Bar: Yes No
Please briefly describe the range of food and drink available:
PLEASE ENSURE THE HEAD MIC IS FULLY FUNCTIONING AND THAT A SPARE HEA MIC AND BATTERIES ARE AVAILABLE.





Duty Manager Name:	
Location of the Duty Manager in the facility:	

First aid:

Please indicate the location of first aid qualified staff and procedures for an incident?

Evacuation procedure:

Please describe the procedures used at the facility?

Date: _____

Signature: Position:

Thank you for your time and we look forward to seeing you on the training day.

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The I.C.E. Training Course contains both practical and theoretical components, designed for fitness professionals who are experienced and adept at all aspects of fitness training. Individuals with any physical restriction, disability or predisposition to injury or sickness should not participate if their health or ability to exercise is at risk.

Due to the risks involved in any physical activity, please complete and sign the following release form:

I willingly participate in this I.C.E training course at my own risk. I have no physical restrictions, disabilities or any predisposition to sickness or injury that may be aggravated or adversely affected as a result of my participation. I take full responsibility for any injury, loss or damage to my person or property that may arise directly or indirectly from my participation in the training course. I will not seek to penalise, prosecute or claim compensation from the organisers, sponsors, lecturers or participants of the module for any injury, loss or damage.

	Participant Name	Signature	Emergency No.	Phone No.
1.				
2.				
3.				
4.				
5.				
б.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

Master Trainer:



Name: _____



Date:







SUMMATIVE ASSESSMENT PROCESS

As part of your ongoing development process of becoming an ICE instructor you must demonstrate your ability to teach an Indoor Cycling class to a group of people.

During the day you will be assessed by your tutor on the different aspects of an Indoor Cycling class.

These aspects will be:

- Health and Safety ٠
- Technical knowledge of setting up the bike ٠
- The ability to plan an indoor cycling session .
- The ability to teach an indoor cycling session using music .
- The ability to evaluate your session ٠

Your tutor will be observing and assessing you (formative assessment) as the day progresses and they will give you feedback relating to the session they are observing.

You will be asked to plan a session using the template provided in this pack and you will then deliver the planned session to a group. Feedback will be given on your ability to plan a session. This is part of the Practical Observation and the criteria for planning are provided in this pack.

During the day your tutor will observe you and give you feedback on your progress, feedback for all the practical assessments elements will be given verbally and in written form on the assessment sheet provided.

Included in this pack are the following:

- Session Plan (Health & Safety Checklist) ٠
- **Class Profile Plan** •
- **Observation Checklist** •
- Feedback Sheet .



OBSERVATION CHECKLIST

Candidate Name: Venue:

PLANNING							
	Did The Candidate	Yes	No	Q	с		
1.	Complete a Health & Safety session plan						
2.	Complete a class profile plan including music, positions on the bike and class HR/RPE profile						
3.	Design a safe and effective session						
4.	Demonstrate a full understanding of intensity						
5.	Demonstrate a full understanding of different positions on the bike						
6.	Use appropriate terminology in planning						

	BIKE SETUP								
	Did The Candidate	Yes	No	Q	с				
7.	Introduce themselves and screen the client								
8.	Give correct instruction on bike set up and safety								
9.	Give correct instruction on fine tuning for bike set up								
10.	Give instruction for health and safety in respect of water and towel								
11.	Give instruction on clothing and sensible cycling								



Date:





5 2 Z 0

PRACTICAL OBSERVATION

			STAGE S			STAGES						
	Did The Candidate	Seat Rd	sc	St C		RT	StW	Wave	St Jog	Sp. Bump	Se HS	St HS
12.	Demonstrate correct personal technique in all riding positions											
13.	Introduced and explain the purpose of the riding position											
14.	Demonstrated the appropriate hand position for the riding position											
15.	Used appropriate resistance for riding position											
16.	Use volume and pitch of voice effectively?											
17.	Provided clear and accurate verbal instruction?											
18.	Gave verbal cues allowing for smooth transitions between positions											
19.	Used non verbal cueing to control the group (Hand gestures)											
20.	Worked to the beat of the music appropriate to the riding position											
21.	Gave alternatives for position and resistance relevant to level											
22.	Gave and reinforced coaching points relevant to the riding position											
23.	Provide class/individual with positive feedback about successful exercise performance?											
24.	Taught a safe and effective component											
25.	All participants were communicated with clearly, accurately and none judgementally?											
26.	Ensure relationships with participants were in line with the fitness industry code of ethical practice?											

Assessor Signature:

Assessor Name:





ASSESSOR FEEDBACK SHEET

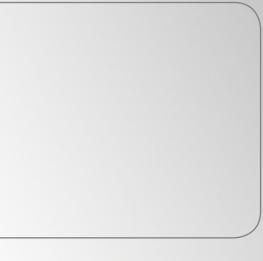
Criteria No.	

PERSONAL FEEDBACK AND ACTION PLAN

Signed:

Date:

Comments









SESSION PLAN						
Instructor:		Date:				
Venue:		Target Audience:				
Available Resources:						
Health and Safety Consid	derations:					
Music Breakdown	Cycle Position/Hand Position	Coaching Points	Alternative/adaptation or progression			



Notes			
Track10	Minutes bpm		U
Track9	Minutes bpm		
Track8	Minutes bpm		
Track7	Minutes bpm		
Track6	Minutes bpm		Ω
Track5	Minutes bpm		
Track4	Minutes bpm		
Track3	Minutes bpm		
Track2	Minutes bpm		
Track1	Minutes bpm	Class HR Profile	A







COURSE EVALUATION

Course Information

MasterTrainer:	
Venue:	
Date:	

Personal Information

Name:		
Address:		
Postcode:		
Telephone:		
Mobile:		
Email:		

Please score the following

1.	Overall Impression of th	e ICE Course		
Trainer: Prog:	Excellent 🗌 Excellent	Good	Fair 🗌 Fair	Poor
2.	Were the ICE Programm	e contents and concepts	clearly conveyed and de	monstrated?
	Excellent	Good	Fair	Poor
3.	Master trainer demonst knowledgeable on all as	rated expertise and was spects of the course?		
	Excellent	Good	Fair	Poor
4.	Master trainer demonst	rated technical expertise	e throughout the course?	
	Excellent 🗌	Good	Fair	Poor
	Excellent 🗌	Good	Fair	Poor

GBOUP

	hing skills?	
Fair	Poor	
out the course?		
Fair	Poor	
ined?		
Fair	Poor	
led to teach?		
Fair	Poor	
clearly structured and e	explained thoroughly?	
Fair	Poor	
and?		
Fair	Poor	
nelped in preparation fo	or the course?	
Fair	Poor	
ducation?		
others?		
cycling programmes?		
-		



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Purpose & Scope

This procedure applies to all students of ICE Ltd and is designed for students who wish to review assessment decisions.

Assessment Procedure

All candidates are assessed against agreed and published criteria. Achievement of these criteria is decided by assessors who are trained to training and Development Lead Body standards and have gained A1/D32/D33 awards.

It is recognised however that in exceptional circumstances a candidate may wish to appeal against recommendations or decisions relating to assessment.

The following Appeals Policy & Procedure outlines the action which may be taken in such exceptional circumstances. This reflects ICE Ltd's commitment to provide a fully comprehensive and student centred service.

1. Scope of Policy

ICE Ltd Appeals Policy & Procedure allows students to make a formal appeal against a recommendation or decision relating to:

- The final result of any element of coaching a)
- The final overall assessment decision for certification b)

2. Grounds for Appeal

- The assessments were not conducted in accordance with the approved scheme a)
- b) Administration error at some stage of the assessment process
- "Extenuating circumstances" arising during the assessment process which affected the students c) performance
- d) Inappropriate or irregular behaviour on the part of the assessor or member of staff

3. Appeals Procedure

Any appeal must be addressed to the Lead Internal Verifier. The enclosed appeal from must be completed and sent along with all supporting evidence.

The Lead Internal Verifier will investigate thoroughly the circumstances of the appeal and respond in writing within 20 working days. Additional evidence in writing, in person or by telephone may be requested during this time.

4. Outcome of Appeal

The outcome of a successful appeal could be one of the following:

- Amended comment for a written piece of work a)
- b) Amended result for coaching or planning
- Free re-sit c)

5. Additional Notes

- It is extremely difficult to investigate appeals without impartial evidence. a)
- Appeals must be received in writing within 5 working days from the candidates receipt of his/ b) her assessment results.



ICE will carry out regular External Verification visits to venues where courses are being delivered.

The External Verification System and Process consists of:

1) Pre course Venue Checklist is sent to the Venue. 2) Checked by I.C.E Educational Training Director.

- 3) Internal Verification visit carried out by ICE Educational Director.
- 4) Quality Control Form Completed
- 5) Action plan is agreed 6) Follow up on Action Plan.

The process for External Verification is administered through the Quality Control Form.

TRAINING COURSE CHECKLIST					
	ltem	Details	Check	Details	
1.	Copy of Venue Checklist x 1	Enclosed, Please read		Enclosed	
2.	Delegate Release Form x1	Block Capitals and Signature		Extra names to be filled in on the day	
3.	Trainers schedule for the Course x1 per participant	Detailing any changes that affect the course		Refer to venue checklist	
4.	Assessment paperwork x1 per participant	Give out an assessment brief		Candidates to complete relevant sections prior to assessment	
5.	Course Feedback Forms x1 per part	To be completed at end of course		Give out at the end of day and collect completed form:	
6.	Power-point slides/Overheads and Trainers Manual	Master Trainer to have with them every time			
7.	Participant certifciates x1 per participant	Printed from IC-PRO. ORG			
8.	Special Instructions (if applicable)				







QUALITY ONTROL FORM

STAGES INDOOR CYCLING

Moderator:	Location:
Trainer:	Date:

FOR MODERATOR: PLEASE ENSURE THAT THE FOLLOWING IS DONE AT LEAST ONE WEEK PRIOR TO THE QUALITY CONTROL SESSION			
Trainer notified of Quality Control session Please tick when done			
Copy of Quality Control form sent to trainer prior to Quality Control session. Please tick when done			

PLANNING				
Objectives	Objective Met	Notes		
Use of aids to include – audio/visual/flipcharts/ etc				
Room layout conducive to learning				
Stationary provided – pens/paper/flipcharts/flip pens etc.				
Register provided				
Manuals and handouts provided for numbers as per register				
Correct number of cycles available				
Water available and first aid and fire procedures noted				

TRAINER DE	LIVERY	
Objectives	Objective Met	Notes
Punctual Start		
Welcome and Introduction performed		
Trainers personal presentation appropriate		
Positive body language and tone of voice		
Ice-breaker performed within first 10 minutes		
Learning Styles obtained		
Objectives set		
Domestics outlined relevant to venue		
Suitable session shakers utilised		
Change in pace and delivery style evident		
Suitable breaks and timings of sessions		
Ability to adapt to audience needs and learning styles		
Ability to deal with challenges/difficult delegates in the appropriate manner		
Successful use of gravitas		





D)

SESSIONS AIMS AND OBJECTIVES

Session 1: Introduction to the course, venue, other participants and the Health and Safety issues related to the day (15 min's)

Aim –

- To understand the content of the day and its schedule
- To understand the layout of the venue and practical/theoretical facilities
- To facilitate the introduction of all participants to each other ٠
- To ensure the health and safety aspects related to evacuation, accidents and any other risk factors associated with the venue are explained
- Complete all necessary paperwork prior to practical elements begin .

SESSION 1				
Objectives	Objective Met	Notes		
Explain the timetable with a brief description of the content and expectations of the instructors				
Explain and if necessary show the participants the respective rooms to be used during the course				
Use an 'ice breaker' game to introduce each of the participants to each other				
To explain all facilities and procedures related to the health, safety and welfare of the participants during the course				
Ensure all participants complete the delegate release form				

SESSIONS AIMS AND OBJECTIVES

Session 2: The 3 C's of Indoor Cycling (15 min's)

Aim –

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- •
- ٠ group
- structured
- the session.
- To recognise what it means to be a Champion when instructing a group.

SESSIO

Objectives

Identify the skills needed when Communicating with a group to include: Body Language, Verbal and non verbal cues, Voice Intonation, Facial expressions, Use of music as a communication tool

Identify and review the Care required in structuring a class that is both safe and effective to include: Aerobic and Anaerobic Thresholds, Adequate Warm Up time, RPE to check the participants are working at their own level, FITT principles with reference to Intensity (Rate,Res,Rest,Reps,Range), Looking after them involves Trust, Screening

Recognise the importance of being the Champion to the group. This will include: Professional approach, Role Model



To understand and demonstrate what is meant by the 3 C's of Indoor Cycling. To review the skills that an Instructor should have when communicating with a

To review the Care that is needed to ensure that an Indoor Cycling class is well

and takes into consideration the Anatomy and Physiology of the body during

_		
DN 2		
	Objective Met	Notes
-		



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SESSIONS AIMS AND OBJECTIVES

Session 2a: The A.B.C of Indoor Cycling (15min's)

Aim -

- To review the basic concepts of indoor cycling in relation to the principles of . fitness and the components of an exercise session.
- Prepare the students for a Beginner/intermediate practical session in which • they will be 'participants'.

SESSION 2a		
Objectives	Objective Met	Notes
Identify the components of an exercise session.		
Understand the objectives of the forthcoming practical session.		
Identify the A.B.C of Indoor Cycling (class components)		
Discuss the guidelines for Level 1 classes in relation to the ICE riding positions, hand positions and range of rpm		
Correctly identify the contents and structure of a Level 1 Class		

SESSIONS AIMS AND OBJECTIVES

Session 3: Bike Set Up & Sensible cycling (30 min's)

Aim -

٠

- features of the bike.
- individual requirements.
 - To carry out a pre-class screening.
- •
- •
 - required in the forthcoming practical session.

SESSIO

Objectives
Identify the mechanical features of the bike
Set up the bike according to the ICE guidelines
Fine-tune the bike to suit individual requirements
Demonstrate familiarity with the breaking and resistance system
Understand the physical requirements of the forthcoming Beginner Level 1 class
Carry out assessment and feedback



To provide the student with an understanding of the mechanical and safety

To provide the student with guidelines for setting up the bike to suit their

To ensure that all participants are wearing suitable clothing and shoes. To check that participants have a water bottle & sweat towel. To check that all students are mentally and physically prepared for the effort

DN 3		
	Objective Met	Notes



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SESSIONS AIMS AND OBJECTIVES

Session 4: Practical Beginner/Intermediate Class (45 min's)

Aim -

- To provide the student with a clear understanding of the techniques and riding positions involved in a Beginner/intermediate indoor cycling class in a motivating, learning situation.
- To teach the class as if all participants were absolute beginners to indoor cycling, regardless of fitness and experience.
- To set clear guidelines for the appropriate effort level/intensity and duration of the components of a Beginner/intermediate Class.
- To assess the technical ability and competence of the individual participants. .
- To emphasise the educational aspects of teaching a beginners group.

SESSION 4		
Objectives	Objective Met	Notes
Perform the techniques of Indoor Cycling and demonstrate correct posture		
Display familiarity with the set up procedure and the mechanical features		
Correctly perform the riding positions executed in a Beginner/Intermediate class		
Understand the difference between 'correct' and 'poor' technique and respond to corrections		
Manage their effort levels, according to the resistance guidelines offered by the ICE Master Trainer.		
Demonstrate an understanding of the relationship between music speed and cycling speed, and cycle with the music as instructed by the ICE trainer.		

SESSIONS AIMS AND OBJECTIVES

Session 5: Music & Indoor Cycling (30min's)

Aim -

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- Recognise and demonstrate the value of motivational aspect of music use and . Indoor Cycling and understanding of music as a teaching tool.
- Demonstrate the structure of music in relation to communication and cueing and to 'map' individual pieces of music and plan what riding positions to perform to.
- Demonstrate the use of music purely as background motivation without use as an rpm guide.

SESSIO

Objectives

Understand the importance of music and discuss its' role in an indoor cycling class.

List the various structural components of music.

Listen to a piece of music and visually demonstrate the individual beats as instructed.

Map a piece of music showing blocks.

Use the music to cue changes

Count bpm to ascertain music speed and determine the correct riding position.

Explain the legal requirements regarding music



DN 5		
Objective Met	Notes	
	Objective Met	



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SESSIONS AIMS AND OBJECTIVES

Session 6: Review of Beginner/Intermediate Practical (30 min's)

Aim -

Review contents, concepts and structure of a Beginner/intermediate class and develop a class profile for a typical Beginner/intermediate Class

SESSION 6		
Objectives	Objective Met	Notes
Name the mechanical and safety features of the bike		
Explain how to set-up and fine-tune the bike for individual requirements		
Demonstrate an understanding of the ICE concepts		
Name the Riding positions, hand positions and contents of a Beginner/Intermediate class in relation to the ABC of indoor cycling		
Analyse the structure of a Beginner Level 1 Class and develop a class profile based on the class		
Use correct terminology throughout the discussions		

SESSIONS AIMS AND OBJECTIVES

Session 7: Practical Intermediate/Advanced Class (45 min's)

Aim -

٠

- . with the ICE guidelines.
- ٠ ICE Riding positions.
- positions so as to improve individual technique and cycling posture.
- (music speed).

SESSIO

Objectives

Perform all of the ICE Riding positions and adaptations at Intermediate/Advanced showing correct technique and riding posture

Cycle to the beat of the music and keep in time with the rpm set by the trainer

Select resistance appropriate to the exercise selected

Perform smooth transitions between a seated and standing position (Jumps)

Maintain leg speed whilst working at a faster cadence (Seated Road)

Maintain correct posture whilst working with increased resistance (Climbs)

Perform more complex riding techniques / exercise combinations using correct form



To demonstrate and practice the complete range of ICE Riding Positions, hand positions and postural adaptations throughout a range of rpm in accordance

To provide the student with an understanding of how to correctly perform the

Provide advice and corrections to individuals as regards execution of the riding To develop further an understanding of the relationship between rpm and bpm

N 7		
	Objective Met	Notes



SESSIONS AIMS AND OBJECTIVES

Session 9: Practical Advanced Class (60 min's)

Aim -

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- To demonstrate the range of techniques and riding positions offered in an advanced indoor cycling class in a motivating class situation.
- To set clear guidelines for the increased effort level/intensity, speed and duration of the components of an advanced indoor cycling class.
- To establish a difference in the teaching style of the class at an advanced level. Include adaptations and alternatives to accommodate less experienced/less fit
- participants in an advanced class situation.
- To emphasise the motivational and performance aspects of the training. Emphasise the importance of music can play in indoor cycling through music
- selection and interpretation.

SESSIONS AIMS AND OBJECTIVES

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Session 8: Review of Beginner/Intermediate Practical (30 min's)

Aim -

Review contents, concepts and structure of an Intermediate/Advanced class and develop a class profile for a typical Intermediate/Advanced Class

SESSION 8		
Objectives	Objective Met	Notes
Name the mechanical and safety features of the bike		
Explain how to set-up and fine-tune the bike for individual requirements		
Demonstrate an understanding of the ICE concepts		
Name the Riding positions, hand positions and contents of a Intermediate/Advanced class in relation to the ABC of indoor cycling.		
Analyse the structure of a Intermediate/Advanced Class and develop a class profile based on the class.		
Use correct terminology throughout the discussions		

SESSIO

Objectives

Perform correctly all of the ICE Riding positions and adaptations at Level 2 showing correct technique and riding posture

Perform smooth transitions between a seated and standing position

Cycle to the beat of the music and keep in time with the rpm set by the trainer

Select resistance appropriate to the exercise selected

Challenge them appropriately within the class situation

Respond to instructions through verbal & non-verbal communication



9 M		
	Objective Met	Notes



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SESSIONS AIMS AND OBJECTIVES

Session 10: Review of an Advanced Class (30 min's))

Aim -

Review contents, concepts and structure of an Advanced class and develop a . class profile for a typical Intermediate/Advanced Class

SESSION 10		
Objectives	Objective Met	Notes
Name the mechanical and safety features of the bike		
Explain how to set-up and fine-tune the bike for individual requirements		
Demonstrate an understanding of the ICE concepts		
Name the Riding positions, hand positions and contents of an Advanced class in relation to the ABC of Indoor Cycling		
Analyze the structure of an Advanced Class and develop a class profile based on the class		
Use correct terminology throughout the discussions		

SESSIONS AIMS AND OBJECTIVES

Session 11: Planning and Practice (30 min's)

Aim -

.

Indoor Cycling class for beginners.

SESSIO

Objectives

To plan a session for a group Indoor cycling class

To be able to work from a plan when delivering an Indoor Cycling class

Session 12: Practical Group Practice of Theory & Techniques (45 min's)

Aim -

٠

- Review of the Stages training and course content. .
- Practice the concepts of advanced class formats.
- Highlight the differences between (Intermediate / Advanced /Mixed Level classes).

SESSIO Objectives Demonstrate the differences between the structures of a mixed level class. List the differences between the contents of a beginner/ intermediate/advanced class. Demonstrate an understanding of the importance of the relationship between resistance, cadence and bpm. Demonstrate how to work with music and to cue the

moves in a group.



To design an effectively plan for part of the main workout component of an

N 11		
	Objective Met	Notes

N 12		
Objective Met	Notes	



CLOSING & FEEDBACK

CLOSING		
Objectives	Objective Met	Notes
Objectives met		
Summative assessment performed and feedback given		
Room cleared		
Trainer made available for any individual questions		
Certificates issued where appropriate		

FEEDBACK



