

**NCFE Level 2 Award in Instructing Group Cycling (603/3936/6)**

**Statement of authenticity**

Learner name:

Centre number:

Centre name:

**Signatures**

Learner: Date:

Tutor/Assessor: Date:

Internal Quality Assurer (IQA)\*: Date:

External Quality Assurer (EQA)\*: Date:

\* 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)**

**Learning outcome 1**

**You will:** Understand the benefits, uses and principles of group cycling

You must:

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| **1.1 Describe the benefits of group cycling sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **1.2 Describe the training effects from group cycling** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **1.3 Explain the differences between free and fixed wheel** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 2**

**You will:** Understand the health and safety considerations for group cycling sessions

You must:

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| **2.1 Explain the safety considerations relating to group cycling sessions:*** **environment**
* **equipment**
* **participants**
 |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **2.2 Explain the potential risks to participants and the precautions to take** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **2.3 Explain how to set up and use a bike correctly** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **2.4 Describe possible contraindications to group cycling training** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 3**

**You will:** Understand the techniques to use in group cycling sessions

You must:

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| **3.1 Identify the range of handle bar grip positions and when to use them** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.2 Explain the riding techniques and when they would be used**  |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
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| **IQA/EQA feedback**  |

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| **3.3 Explain how to pedal efficiently** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.4 Identify methods of varying intensity** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.5 Explain the importance of correct posture and breathing in group cycling** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 4**

**You will:** Understand the use of music during group cycling sessions

You must:

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| **4.1 Describe licensing requirements that cover the use of music** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.2 Describe the importance of music during group cycling sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.3 Give examples of how to match music to the different training profiles and sections of the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.4 Identify the reasons to use a microphone during group cycling sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 5**

**You will:** Be able to plan safe and effective group cycling sessions

You must:

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| **5.1 Plan the aims and objectives of the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **5.2 Plan the equipment and the training environment** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **5.3 Plan the structure and content of the group cycling session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **5.4 Plan adaptations, alternatives and modifications** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 6**

**You will:** Understand how to instruct safe and effective group cycling sessions

You must:

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| **6.1 Explain the importance of correct demonstrations and clear instruction** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **6.2 Describe ways to observe and monitor performance** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **6.3 Explain ways to correct and reinforce technique** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **6.4 Explain ways to engage and motivate participants during group cycling sessions**  |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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

**Learning outcome 1**

**You will:** Be able to prepare for a group cycling session

You must:

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| **1.1 Prepare self for a group cycling session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **1.2 Prepare the environment for a group cycling session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **1.3 Prepare the equipment for a group cycling session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 2**

**You will:** Be able to prepare for a group cycling session

You must:

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| **2.1 Welcome and make participants feel at ease** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **2.2 Carry out pre-exercise screening with participants** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| --- |
| **2.3 Instruct participants in the correct set up of the bike** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| --- |
| **2.4 Demonstrate to participants how to brake safely whilst on the bike** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **2.5 Provide key safety information to participants** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 3**

**You will:** Be able to deliver a safe and effective group cycling session

You must:

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| --- |
| **3.1 Provide an introduction to the group cycling session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| --- |
| **3.2 Demonstrate the correct posture and breathing technique** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.3 Deliver a safe and effective group cycling session, to include:** * **warm-up**
* **main training component**
* **cool-down and stretches**
 |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.4 Give clear instructions and correct demonstrations of riding techniques** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.5 Manage the class safely and effectively** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.6 Demonstrate a range of effective verbal/non-verbal communication techniques** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.7 Provide motivation and encouragement to participants throughout the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.8 Manage the overall session timings** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **3.9 Conclude the session and leave the environment in a safe, suitable condition, ready for further use** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 4**

**You will:** Be able to evaluate and reflect on a group cycling session

You must:

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| **4.1 Provide feedback to participants on their performance during the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.2 Gain feedback from participants about the group cycling session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.3 Evaluate the session and reflect on own performance** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

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| **4.4 Plan improvements for personal performance and future sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |