

Title	Instruct an Indoor Cycling class		
Level	3	Credits	7

Purpose	People credited with this unit standard are able to: demonstrate knowledge of the basic exercise techniques and related level options, safety checks and pre-screening used in Indoor Cycling classes; and instruct an Indoor Cycling class.
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Classification	Exercise > Fitness Assessment and Exercise Instruction
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Available grade	Achieved
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Guidance Information

- 1 All learning and assessment leading to this unit standard must be carried out in accordance with the following:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993, and Human Rights Act 1993;
 - guidelines and codes of practice applicable to this standard include Code of Ethical Practice endorsed by Exercise Association New Zealand, and the New Zealand Pre-Screening Guide, November 2014 available from the New Zealand Register of Exercise Professionals website <http://www.reps.org.nz>;
 - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs) and Normal Operating Procedures (NOPs), and the use of personal protective equipment (PPE).
- 2 This unit standard alone does not meet minimum industry standards to operate as a group exercise professional. This unit standard is intended for use within approved programmes that will produce graduates with the full scope to be a group exercise professional.
- 3 It is strongly recommended that candidates hold a current first aid certificate before beginning this unit standard.
- 4 The candidate must be assessed instructing a class of at least five participants.
- 5 Definitions

Body positioning refers to the placement, path and alignment of body parts during a movement or step technique.

Class plan refers to the design of the class format and content.

Exercise progressions and regressions refers to options to increase or decrease the intensity level of the exercise.

Exercise techniques refer to how exercises are executed, including the form the body takes when doing exercises, these may include:

 - *Jumps* – an advanced move with resistance usually moderate.

- *Seated cycling* – can be used for work or recovery.
- *Seated hill climb* – emulates cycling up any incline hill.
- *Seated sprint* – emulates the power output of a sprint.
- *Standing cycling* – emulates riding on a flat road.
- *Standing hill climb* – a more advanced move that emulates climbing a steep hill.

Level options refers to progressions; which increase the intensity of an exercise and regressions; which decrease the intensity of an exercise.

Major muscle group refers to the group of muscles that are the prime movers of the movement.

Normal Operating Procedures refer to the operations manual or documented normal operating procedures at a facility.

Pre-screen refers to industry recognised pre-screen.

Outcomes and performance criteria

Outcome 1

Describe basic exercise techniques and related exercise level options, safety checks and pre-screening used in Indoor Cycling classes.

Performance criteria

- 1.1 Describe the basic exercise techniques used in Indoor Cycling classes in terms of the major muscle groups used, the key joints involved and body positioning.
- 1.2 Describe the level options for each basic technique in accordance with the class plan.
- Range one exercise progression and one exercise regression for both resistance and cadence.
- 1.3 Describe pre-class cycle safety checks in accordance with normal operating procedures.
- Range pre-class checks include – straps, brakes and resistance, good working order.
- 1.4 Describe pre-class cycle set-up techniques for safety of participants in accordance with the class plan and normal operating procedures.
- Range seat and handle bar height, seat and handle bar position, safety requirements, cycle mount and dismount.
- 1.5 Describe pre-screening methods according to facility normal operating procedures.

Outcome 2

Instruct an Indoor Cycling class.

Performance criteria

- 2.1 Conduct pre-class cycle checks and pre-screening checks in accordance with normal operating procedures.
- 2.2 Introduce cycle set up for participants in accordance with the class plan and normal operating procedures.

 Range seat and handle bar height, seat and handle bar position, safety requirements, cycle mount and dismount.
- 2.3 Introduce class and demonstrate warm up techniques in accordance with the class plan.

 Range introduction may include but not limited to – class structure, major muscle groups used, heart rate, tempo, rate of perceived exertion; warm up techniques must include but are not limited to – riding in the saddle, increasing resistance, pedalling technique; may include gradually increasing resistance.
- 2.4 Monitor participant performance and modify techniques to increase or decrease individual intensity levels in accordance with the class plan and participant needs.

 Range must include but is not limited to – riding posture, hand positions, using resistance correctly, leg speed.
- 2.5 Communicate motivational and technical instructions in accordance with participant needs.

 Range must include but is not limited to – verbal and non-verbal cueing, visualisation, levels of resistance, intensity, leg speed.
- 2.6 Conduct cool down, stretches and post class interaction in accordance with the class plan and participant needs.

Replacement information	This unit standard replaced unit standard 22774.
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Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 May 2012	31 December 2022
Review	2	24 September 2020	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.