**Planning and instructing studio cycling sessions**

**Unit accreditation number:**

**Worksheet – Planning and instructing studio cycling sessions**

**There are 62 marks available in this worksheet. You must score a minimum of 50 marks in total to achieve a Pass. In addition to achieving the total Pass mark, you must also score at least the minimum marks set for each question to achieve an overall Pass.**

1. Describe two legal responsibilities regarding record-keeping and client confidentiality and two ethical responsibilities regarding screening and recording information.

| **Legal:****Record-keeping and client confidentiality** |  |
| --- | --- |
| **Ethical:****Screening and recording information** |  |

**4 marks** (minimum 3 marks)

1. Explain the insurance requirements and their importance when working as a studio cycling instructor.

| **Explanation of insurance requirements** | **The importance of having the appropriate insurance as a studio cycling instructor** |
| --- | --- |
|  |  |

**2 marks** (minimum 1 mark)

1. Outline one health and safety and one insurance requirement when hiring venues or facilities.

| Health and safety  |  |
| --- | --- |
| Insurance  |  |

**2 marks** (minimum 2 marks)

1. Explain the term ‘duty of care’ in relation to health and safety in the workplace.

| **Duty of care** |  |
| --- | --- |

**2 marks** (minimum 1 mark)

1. Explain the licensing requirements when working as a studio cycling instructor.

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| --- |

**1 mark** (minimum 1 mark)

1. Describe two types of studio cycling session.

| **Type of session**  | **Description**  |
| --- | --- |
|  |  |
|  |  |

**6 marks** (minimum 4 marks)

1. Identify two benefits of studio cycling for clients.

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| --- |
|  |

**2 marks** (minimum 1 mark)

1. Describe the range of handlebar grips.

| **Handlebar grip** | **Description**  |
| --- | --- |
| **Narrow**  |  |
| **Wide** |  |
| **High** |  |

**6 marks** (minimum 4 marks)

1. Why is it important to have efficient pedal strokes/cadence?

|  |
| --- |

**1 mark** (minimum 1 mark)

1. Describe two types of riding technique.

| **Riding technique** | **Description**  |
| --- | --- |
|  |  |
|  |  |

**6 marks** (minimum 4 marks)

1. Explain the difference between free and fixed-wheel cycling.

|  |
| --- |

**2 marks** (minimum 1 mark)

1. Give two examples of common injuries caused by studio cycling and how to avoid these.

| **Injury** | **How it can be avoided** |
| --- | --- |
|  |  |
|  |  |

**6 marks** (minimum 4 marks)

1. Explain how safe studio cycling can be monitored **and** promoted when delivering online sessions.

|  |
| --- |

**1 mark** (minimum 1 mark)

1. Give two examples of technology and how they canbe used by clients to help increase their activity levels.

| **Technology** | **How it can be used to increase client activity levels** |
| --- | --- |
|  |  |
|  |  |

**6 marks** (minimum 4 marks)

1. Explain how technology can be used to help clients stay motivated and focused and assist them in achieving their goals.

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**1 mark** (minimum 1 mark)

1. Describe two ways that fitness professionals can engage with clients, using the current technology. You must include online and on-demand sessions in your answer.

| **Technology** | **How it can be used to engage clients** |
| --- | --- |
|  |  |
|  |  |

**6 marks** (minimum 4 marks)

1. List two cleaning substances that can be used to clean the studio cycling equipment.

|  |
| --- |

**2 marks** (minimum 1 mark)

1. Describe the regular cycle maintenance required to ensure the safety of studio cycling equipment.

| **1****2****3****4****5****6** |
| --- |

**6 marks** (minimum 4 marks)

**Results total         /62 marks** (50 marks in total, with the minimum set marks achieved for each question required to pass)

**Pass/Refer**

| **Assessor’s feedback:**  |
| --- |