

STUDIO CYCLE INSTRUCTOR

JOHANNESBURG | CAPE TOWN | DURBAN | PORT ELIZABETH | NELSPRUIT | POTCHEFSTROOM



STUDIO CYCLE INSTRUCTOR

LEVEL 1: 8 CPD POINTS | LEVEL 2: 2 CPD POINTS | REPSSA

COURSE DURATION: 4 DAYS

CONTACT COURSE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

entry requirements

If you hold a fitness qualification or exercise science qualification you will:

Receive a certificate of achievement | Be able to use this qualification to train clients

If you do not hold a fitness qualification or exercise science qualification you will:

Receive a certificate of attendance | Not be able to use this qualification to train clients

course overview

STUDIO CYCLE LEVEL 1

Indoor cycling (commonly known as spinning) is a group exercise class that takes place on a stationary indoor bike and focuses on endurance, strength, interval and high intensity training, as well as cycling race simulations and recovery. It is becoming increasingly popular as a preferred method of training and the demand for spinning instructors, as a result, is very high.

Level 1 of this course will provide you with all the knowledge and tools you need to work as an effective Studio Cycle Instructor.

STUDIO CYCLE LEVEL 2

Level 2 of the course is a "Back to Basics" reminder of level 1 for those who need it. It also goes into more detail regarding communication, instructor etiquette, music do's and don'ts and safety tips.

campuses/study modes

SHORT COURSE

Johannesburg, Cape Town, Durban, PE,
Nelspruit, Potchefstroom

course resources

LEVEL ONE:

Learner guide

- In class activities
- Theory exam
- Practical exam
- Log hours

Hard copy manuals

Tutor Support

LEVEL TWO:

1 day contact workshop

No assessments (attended
course)

Learner handout

subjects & modules

ANATOMY & PHYSIOLOGY MODULE

- | | |
|-------------------------------------------------------|---------------------------------------------|
| 1 Homeostasis | 12 Principles Of Exercise, Fitness & Health |
| 2 Anatomical Terms | 13 Principles Of Training |
| 3 Organ Systems | 14 Cardiovascular Fitness |
| 4 Skeletal System | 15 Muscular Strength & Endurance |
| 5 The Muscular System | 16 Warm-Up & Stretching |
| 6 The Cardiovascular & Circulatory System | 17 Motor Fitness |
| 7 The Respiratory System | 18 Safety 112 |
| 8 The Nervous System | 19 Communication |
| 9 The Endocrine System | 20 Customer Service |
| 10 Energy Systems | 21 Introduction To Nutrition |
| 11 Adaptations To Physiological Systems With Exercise | 22 Role Players In The Fitness Industry |

STUDIO CYCLE INSTRUCTOR LEVEL ONE

- | | |
|-----------------------------------------------------|------------------------------------------------|
| 1 Chapter 1: Introduction To Indoor Cycle | 9 Chapter 9: Cycling Profiles & Body Positions |
| 2 Chapter 2: Benefits If Indoor Cycling | 10 Chapter 10: Music |
| 3 Chapter 3: Training Principles And Indoor Cycling | 11 Chapter 11: Class Design |
| 4 Chapter 4: The Physiology Of Cycling | 12 Chapter 12: Coaching Skills |
| 5 Chapter 5: The Stationary Bike | 13 Chapter 13: Safety |
| 6 Chapter 6: The Biomechanics Of Cycling | 14 Common Cycling Ailments Exercise Scrutiny |
| 7 Chapter 7: The Core And Cycling | 15 Workout Plan Example |
| 8 Chapter 8: Types Of Aerobic Endurance Workouts | 16 Workout Plan Blank |

STUDIO CYCLE INSTRUCTOR LEVEL TWO

- | | |
|-----------------------|---------------------------------------|
| 1 Contents | 5 Music |
| 2 Safety | 6 What Makes An Instructor Great |
| 3 Skill Coaching | 7 The Do's & Don'ts Of Indoor Cycling |
| 4 Leading The Workout | 8 Not Permitted |

accreditation

- Level 1: 8 REPSSA Endorsed CPD Points
- Level 2: 2 REPSSA Endorsed CPD Points
- HFPA Certificate of Achievement/Attendance

learning outcomes

Successful learners will be able to:

- Work as a studio cycle instructor for commercial gyms and studios
- Work as an independent indoor cycle instructor

learning pathways

- Group Exercise Instructor
- HiiT Instructor
- Aqua Instructor

description of modes of delivery

SHORT CONTACT COURSE

We offer the largest selection of Continuing Education and Specialisation programmes to the SA Fitness industry. Our wide range of courses will assist you to expand your expertise, earn your CPD points and broaden your scope of services. All of our short courses conveniently take place on weekends. Our short course tutors are of the highest calibre, and our facilities are state of the art.

contact details

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