



STUDIO CYCLE INSTRUCTOR

ACCREDITED WITH CIMPSA

COURSE DURATION: 8 HOURS

STUDY MODE OFFERED: SHORT CONTACT COURSE

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

entry requirements

No previous qualifications or requirements are needed.

course overview

- Learn everything about the Wattbike and how to use this conditioning equipment for the ultimate outcome for the user
- Upon completion of the course, you will be ready to perform a basic bike fit, know what is and how to use the Polar View, understand testing and setting training zones and how to maintain the Wattbike
- This masterclass course will give you the knowledge on how to safely and effectively carry out reliable and valid person-specific assessments
- This workshop will enable and show you how to confidently use the world's most versatile indoor testing and training tool
- A truly unique workshop leaving attendees with the tools and knowledge of how to use the world's best indoor bike in any sport related environment
- This course will be running at Unit 7 Plum Court Centre, 877 Freight Rd, Louwlandia, Centurion

campuses/study modes

SHORT CONTACT COURSE

Johannesburg

accreditation

Accredited with CIMSPA - The Chartered Institute for the Management of Sport and Physical Activity

learning outcomes

Successful learners will be able to:

- Be an online cycling coach
- Be a performance cycling coach
- Be a specific testing assistance coach for any national team sport
- Do monitoring/assessment, testing especially for Biokinetics (Discovery Wellness Days)
- Grow your earning potential and broaden your scope of practice!

subjects & modules

ANATOMY & PHYSIOLOGY MODULE

- 1 Brief history of the bike
- 2 How to do a more in-depth set up and how to do a 'best fit' bike fit
- 3 How to navigate the Performance Monitor
- 4 How to correctly use resistance and gearing
- 5 What is and how to use the Polar View to benefit the PTs and staff
- 6 How to use the tests to benefit the PTs and gym staff
- 7 How to use the Wattbike Hub app
- 8 How to properly maintain and keep the Wattbikes in the best working condition, including fault reporting and 6-point check

learning pathways

- Studio Cycle Instructor
- HiiT Instructor
- Group Exercise 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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