



Spinning Instructor

Short Course



Duration: 3 Days



Level 1: 18 CPD points;



Admission 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



Registered: REPSSA



Modes of delivery: Contact



Some course content

ANATOMY & PHYSIOLOGY MODULE

- ▶ Homeostasis
- ▶ Anatomical Terms
- ▶ Anatomic Systems
- ▶ Adaptations To Physiological Systems With Exercise

- ▶ Principles Of Exercise, Fitness & Health
- ▶ Principles Of Training
- ▶ Cardiovascular Fitness
- ▶ Muscular Strength & Endurance

STUDIO CYCLE INSTRUCTOR LEVEL ONE

- ▶ Introduction To Indoor Cycle
- ▶ Benefits Of Indoor Cycling
- ▶ Training Principles And Indoor Cycling
- ▶ The Physiology Of Cycling
- ▶ The Stationary Bike
- ▶ The Biomechanics Of Cycling
- ▶ Chapter 11: Class Design
- ▶ Chapter 12: Coaching Skills
- ▶ Safety
- ▶ Skill Coaching
- ▶ Leading The Workout
- ▶ Music
- ▶ What Makes An Instructor Great
- ▶ The Do's & Don'ts Of Indoor Cycling



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



**Other courses you
might be interested in**

- ▶ **Water Aerobics Instructor**
- ▶ **Kids Development Specialist**
- ▶ **Group Training Specialist**