

# Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

**Unit title:** iUSP148 - Planning studio cycling sessions

**Total contact tuition hours proposed:** 15

**Lecturer(s) responsible:**

Learning objectives	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> <li>College rules and regulations</li> <li>College mission statement</li> <li>ITEC rules and regulations</li> <li>Health &amp; Safety</li> <li>Timetable</li> <li>Dates – holidays etc.</li> <li>Syllabus</li> <li>Recommended books</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Q&amp;A</li> <li>Using all the documents listed to ensure the students understand the college expectations and their commitment to the course</li> </ul>	
<b>1. Understand the key concepts of studio cycling</b>			
Describe the history of studio cycling	<ul style="list-style-type: none"> <li>History – Goldberg and Schwinn</li> <li>Brands, styles and components of bikes</li> </ul>	<ul style="list-style-type: none"> <li>Whiteboard</li> <li>Lecture</li> <li>Q&amp;A</li> <li>Handout</li> <li>Homework</li> <li>Test</li> </ul>	2
Identify the benefits of studio cycling	<ul style="list-style-type: none"> <li>General health and fitness</li> <li>Agility</li> <li>Functional strength</li> <li>Co-ordination and balance</li> <li>Muscular endurance</li> <li>Flexibility</li> <li>Cardiovascular</li> <li>Weight loss</li> <li>Rehabilitation</li> </ul>		

	<ul style="list-style-type: none"> <li>• Non-weight bearing</li> <li>• Social interaction</li> </ul>		
Explain the range of handle bar grips	<ul style="list-style-type: none"> <li>• Traditional grips</li> <li>• Alternative grips</li> </ul>		
Explain the importance of using efficient pedal strokes and cadence	<ul style="list-style-type: none"> <li>• Components</li> <li>• Output</li> <li>• Cadence – revolutions per minute</li> <li>• Efficiency</li> <li>• Power</li> </ul>		
Explain the difference between free and fixed wheel cycling	<ul style="list-style-type: none"> <li>• Fixed wheel – indoor cycling</li> <li>• Free wheel – outdoor cycling</li> </ul>		

2. Understand the key considerations for studio cycling			
Explain the importance of posture for efficient breathing when cycling	<ul style="list-style-type: none"> <li>• Correct posture when cycling</li> <li>• Breathing techniques</li> <li>• Importance of efficiency</li> <li>• Increased performance</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Homework</li> <li>• Test</li> </ul>	2
Explain the importance of rehydration during studio cycling sessions	<ul style="list-style-type: none"> <li>• Hydration requirements – benefits and effects on the body of fluid intake during exercise</li> </ul>		

3. Understand the use of music in studio cycling sessions			
Describe licensing arrangements when using music in studio cycling	<ul style="list-style-type: none"> <li>• Copyright, Designs and Patents Act 1988</li> <li>• (PPL) Phonographic Performance Ltd</li> <li>• Costs and Implications</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Homework</li> <li>• Test</li> </ul>	2
List reasons to use a microphone in studio cycling sessions	<ul style="list-style-type: none"> <li>• Health of instructor</li> <li>• Methods of voice projection</li> <li>• Motivation of class</li> <li>• Improved client participation</li> <li>• Effective cueing – verbal, visual and pre-cueing</li> </ul>		
Describe how to match music to different profiles/sections of the class	<ul style="list-style-type: none"> <li>• Selecting music for the age range and lifestyle of the participant(s)</li> <li>• Time of year</li> <li>• Speed of music – rhythm, beat, lyrics, tempo etc.</li> <li>• Types of music</li> <li>• Sample of different playlists</li> </ul>		

	<ul style="list-style-type: none"> <li>• Role of music in the spinning class</li> <li>• Examples of different types of music and how they can be used</li> </ul>		
List visualisation techniques used to motivate participants	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Flat sections</li> <li>• Sprints seated</li> <li>• Sprints standing (advanced)</li> <li>• Hill climbs</li> <li>• Jumps</li> <li>• Resistance</li> <li>• Cool down</li> <li>• Stretches</li> </ul>		

4. Know the safety considerations when teaching studio cycling sessions			
Describe the safety considerations relating to studio cycling	<ul style="list-style-type: none"> <li>• Health and safety of environment</li> <li>• Potential risks associated with spinning</li> <li>• Safety and the user</li> <li>• Safety and the bike</li> <li>• Health screening</li> <li>• Participants' attire – clothing and correct footwear</li> <li>• Correct hydration</li> <li>• Ability of participant</li> <li>• Rest periods</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Homework</li> <li>• Test</li> </ul>	2
Discuss common injuries caused by studio cycling	<ul style="list-style-type: none"> <li>• Injuries to backs, knees, ankles, neck and arms</li> <li>• Strains</li> <li>• Sprains</li> </ul>		
Suggest how to minimise the risk of injuries	<ul style="list-style-type: none"> <li>• Exercises are appropriate to individual's needs</li> <li>• Fitness goals</li> <li>• Ability of participant</li> <li>• Health of individual</li> <li>• Set up and position of bike</li> <li>• Posture</li> <li>• Riding positions</li> <li>• Pedal/handlebar height/adjustment</li> <li>• Brakes</li> <li>• Resistance</li> <li>• Over use</li> <li>• Teaching points</li> </ul>		

	<ul style="list-style-type: none"> <li>• Correct demonstration of exercises by instructor</li> <li>• Observations/correction of participants</li> <li>• Only working within their own parameters and professional boundaries</li> <li>• Taking into consideration participants' injuries/health related issues</li> </ul>		
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5. Be able to plan safe and effective studio cycling sessions			
Explain the different types of profiles that can be used to plan studio cycling sessions	<ul style="list-style-type: none"> <li>• Warm-up</li> <li>• Flat sections</li> <li>• Sprints seated</li> <li>• Sprints standing (advanced)</li> <li>• Hill climbs</li> <li>• Jumps</li> <li>• Resistance</li> <li>• Cool down</li> <li>• Stretches</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Homework</li> <li>• Test</li> </ul>	5
Plan for studio cycling sessions	<ul style="list-style-type: none"> <li>• Aims and objectives</li> <li>• Warm-up exercises <ul style="list-style-type: none"> <li>- Reasons why these are important</li> <li>- Teaching points</li> <li>- Muscles used</li> </ul> </li> <li>• Cool down <ul style="list-style-type: none"> <li>- Reasons why these are important</li> <li>- Teaching points</li> <li>- Muscles used</li> </ul> </li> <li>• Stretching exercises <ul style="list-style-type: none"> <li>- Reasons why these are important</li> <li>- Teaching points</li> <li>- Muscles used</li> </ul> </li> </ul>		
Identify considerations/adaptations for: <ul style="list-style-type: none"> <li>• Equipment</li> <li>• Facilities</li> <li>• Clients</li> </ul>	<ul style="list-style-type: none"> <li>• Equipment <ul style="list-style-type: none"> <li>- Spacing of bikes</li> <li>- Maintenance of bikes</li> <li>- Adjustment of bikes</li> </ul> </li> <li>• Environment/facilities <ul style="list-style-type: none"> <li>- Health and safety of room/area</li> <li>- Fire evacuation</li> <li>- Temperature of room</li> <li>- Size of area</li> </ul> </li> <li>• Clients <ul style="list-style-type: none"> <li>- Previous experience/ability</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Participants' injuries/health related issues</li> <li>- Adapting sessions for individual participants' needs</li> <li>- Correct techniques are performed</li> </ul>		
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6. Know how to carry out basic maintenance on studio cycles			
Describe day to day maintenance of studio cycles	<ul style="list-style-type: none"> <li>• Health and safety</li> <li>• Cleanliness of bikes</li> <li>• Visual checks</li> <li>• Checking of brakes/pedals/handlebars</li> <li>• Stability of bikes prior, during and after cycling sessions</li> </ul>	<ul style="list-style-type: none"> <li>• Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout</li> <li>• Homework</li> <li>• Test</li> </ul>	2
Describe weekly cycle maintenance	<ul style="list-style-type: none"> <li>• Health and safety</li> <li>• Checking of moving parts</li> <li>• Locking mechanisms</li> </ul>		
Describe monthly/quarterly cycle maintenance	<ul style="list-style-type: none"> <li>• Health and safety</li> <li>• Checking brackets, pedals, saddles, brakes and brake pads, resistance chains/bands</li> </ul>		

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator