
Marking Criteria

iUSP156 – Instructing studio cycling sessions

Learners must be able to demonstrate the following:

Appearance – 5 marks (1 mark each)

1. Clean, neat and appropriate work wear with minimal jewellery
2. Appropriate comfortable and clean flat footwear
3. Hair clean, neat and tied back/up if long
4. No body or breath odour
5. No chewing gum or sucking sweets

Client care – 5 marks (1 mark each)

1. Greeted and introduced self to client
2. Assisted client where appropriate
3. Displayed positive body language
4. Respected client's needs throughout
5. Checked client's comfort throughout

Professional conduct – 5 marks (1 mark each)

1. Had a clean and neat appearance
2. Demonstrated knowledge of health and safety regulations
3. Wiped down bike with appropriate sanitiser before use
4. Wiped down bike with appropriate sanitiser after use
5. Checked bike for Health and Safety issues before and after use

Core teaching rationale – 5 marks (1 mark each)

1. Demonstrated a variety of correct teaching points
2. Recognised safety aspects
3. Identified and stated muscles used
4. Made adaptations where appropriate
5. Showed progression/advanced techniques where appropriate

Induction – 25 marks (5 marks each)

1. Considered the safety aspects of the room (ventilation, mirrors) etc.
2. Checked the bike was in suitable working order prior to starting the session
3. Demonstrated how to mount/dismount the bike correctly
4. Demonstrated how to adjust handle bars, saddle height, peddles, foot straps, resistance etc.
5. Demonstrated correct breathing techniques, grip and posture

Pulse check – 5 marks (1 mark each)

1. Correctly demonstrated how to take the pulse from the larger carotid artery on the side of the larynx and from the radial pulse on the wrist
2. Assisted client in taking their pulse in both areas
3. Demonstrated the use of a heart rate monitor
4. Discussed with the client the uses of the heart rate monitor and assisted client in taking the readings
5. Calculated the client's Resting Heart Rate, Training Heart Rate and Maximum Heart Rate correctly

Warm-up – 10 marks (2 marks each)

1. Raised the core body temperature (physiologically, psychologically)
2. Warmed up the joints, ligaments, tendons and muscle fascia
3. Included cardiovascular or local muscular endurance routine
4. Demonstrated basic techniques, sitting, a variety of handgrips, pedal actions, breathing techniques etc. for individual participants' needs
5. Demonstrated advanced techniques, sprints standing, jumps, increased speed, etc. for individual participants' needs

Cool down – 10 marks (2 marks each)

1. Changed music and included fundamental exercises
2. Altered speed and performed exercises to bring heart rate down
3. Checked participants' breathing patterns
4. Reinforced teaching and safety points
5. Included upper body stretches

Stretches – 10 marks (5 marks each)

1. Incorporated all aspects of stretching techniques – prior to, during and post sessions to maintain muscle tone and/or increase flexibility
2. Demonstrated how to stretch the lower body while standing next to the bike

Components – 10 marks (2 marks each)

1. Included fundamental exercises to reach programme outcome
2. Chose the correct music type for each phase of the session
3. Moved around the room to improve observation of the participants
4. Demonstrated adaptations, progressions, reinforced teaching and safety points
5. Gave feedback, pointed out muscles used, variety and timing

Programme outcome – 5 marks (1 mark each)

1. Used effective voice projection
2. Demonstrated cueing appropriately
3. Achieved training effect
4. Assessed clients' programme goals
5. Adapted programme for individual needs, where appropriate

Sample oral questions - 5 marks (1 mark each)

1. Explain the importance of hydration when studio cycling
2. Explain the importance of using correct posture/breathing techniques when studio cycling
3. Explain the health and safety considerations when teaching studio cycling sessions
4. Explain how to carry out basic maintenance and repair on studio cycles
5. Explain the benefits of studio cycling

Document History

Version	Issue Date	Changes	Role
1	04/02/2020	First Published	Assessment Lead for Sport