

Active IQ

**ACTIVE IQ LEVEL 2
AWARD IN INSTRUCTING
STUDIO CYCLING**

**SHAPE
YOUR FUTURE**

STUDIO CYCLE



www.revolutionisefitnesseducation.com



LEVEL 2 INSTRUCTING STUDIO CYCLE



Introduction

The Active IQ Level 2 Award in Instructing Studio Cycling is at Level 2 on the Regulated Qualifications Framework (RQF).

Entry requirements

Learners must hold one of the following, or equivalent:

- A suitable Level 2 fitness instructing qualification, for example:
- Active IQ Level 2 Certificate in Gym Instructing.
- Active IQ Level 2 Certificate in Group Training.
- Active IQ Level 2 Certificate in Fitness Instructing.
- Some experience of studio cycling is useful.
- The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.
- There is an element of communication (discussing, presenting, reading and writing) involved, and learners should have basic skills in communication pitched at Level 1.

Qualification Outline

Target learners

- Learners aged 16+.
- Qualified fitness instructors wishing to widen their skills to offer studio cycling

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Purpose

- The purpose of this qualification is to provide learners with an understanding of the legal and professional requirements of a group cycling instructor. Learners are provided with an understanding of the key concepts of studio cycling and how technology can be used in studio cycling sessions. Learners are also provided with the knowledge and skills to be able to plan, prepare and deliver safe and effective group studio cycling sessions.

Progression

This qualification provides progression onto:

- Active IQ Level 2 Award in Instructing Kettlebells.
- Active IQ Level 2 Award in Instructing Circuit Sessions.
- Active IQ Level 2 Certificate in Group Training.
- Active IQ Level 3 Diploma in Personal Training.
- Apprenticeships within the active leisure sector.

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Learner Journey

Once you have decided to enhance your career options by completing our Course the following will take place.

- Gain access to the online Classroom with resources at your finger tips and meet your fellow coaches to discuss and share ideas.
- A structured self led timetable for you to complete the qualifications at your own speed.
- Course work to be completed and submitted to the tutor.
- One day practical training day including practical assessment at an academy.

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