

# Sport

## Sport: Studio Cycling Level 2 Part-time

### In Brief

#### Start Date / Duration

This course will start on Thursday 8 June 2023 and will run on Thursday evenings 6.00pm - 9.00pm. This course will take four weeks to complete.

#### Entry Requirements

You will need to hold 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

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 you should have basic communication skills.

Some experience of studio cycling is also useful but not essential.

#### You will achieve

Active IQ Level 2 Award in Instructing Studio Cycling.

### Course Overview

Are you already a qualified instructor or trainer and want to broaden your knowledge in studio cycling? This qualification will provide you with the skills and knowledge to plan and deliver safe and effective studio cycling sessions. It will also boost your employability and earning potential if

you are looking to further your career in the fitness industry.

## Course Content

This qualification will provide you with an understanding of the legal and professional requirements of a group studio cycling instructor, the key concepts of kettlebell training and how technology can be used in studio cycling sessions. You will acquire the knowledge and skills to be able to plan, prepare and deliver safe and effective group studio cycling sessions.

The course will be predominantly delivered through face-to-face practical and theoretical workshops; however, an element of home study is required.

## How will I be assessed?

The course assesses both theoretical and practical knowledge and understanding through observations of session delivery, worksheets and completed session plans.

## What Equipment Will I Need?

You will require pens, paper and suitable fitness clothing and footwear.

## Where will I study?

Honeywell Sports Campus  
Honeywell Lane  
Barnsley  
S75 1BP

## What can I do next?

Upon completion, you could progress 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

## How much does the course cost?

£150

## Extra information

### Full Fee Payable

If the course is listed as full fee payable, you will have to pay for the course.

## Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email [info@barnsley.ac.uk](mailto:info@barnsley.ac.uk) [mailto:info@barnsley.ac.uk]

## **Want to join Barnsley Sports Academy and the Sports Village?**

Barnsley College has a range of sports opportunities for all students to take part in, gain professional training and compete nationally and internationally. We also have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates. You don't have to be studying sport to get involved in the Sports Academy [<https://www.barnsley.ac.uk/our-departments/sport/sports-academy/>].

## **Additional Learning Support**

Our Additional Learning Support team can provide you with the support you need. Please contact them on +44 (0)1226 216 769.

## **Disclaimer**

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

**Last updated:** 4th April 2023

### **Want to apply?**

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**