

Group Indoor Cycling

	Legacy (existing qualification) YMCA Level 2 Award in Instructing Group Exercise: Indoor Cycling (603/7151/1)	IFATE approved qualification <u>Level 2 Technical Specialist in Exercise and Fitness: Group Exercise Instructor (Indoor Cycling) (Award) (610/4601/2)</u>
GLH	48	27
TQT	62	54
Number of units	2	1
Number of assessment tasks (approximate)	4	2 plus PD (as required)

Units

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Principles of planning and delivering group exercise (L/618/6381)	N/A
Plan and deliver group indoor cycling (H/618/6385)	Plan, deliver and evaluate group indoor cycling (Y/650/7422)

Differences in assessments

Plan, deliver and evaluate group indoor cycling

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<p>Assessment element 5: Plan a group indoor cycling session</p> <p>Assessment element 6: Observation of practical teaching</p>	<p>4.1e Plan a group exercise session (indoor cycling) This assessment is split into two parts:</p> <ul style="list-style-type: none"> • Planning • Professional discussion <p>4.2e Deliver and evaluate a group exercise session (indoor cycling)</p> <ul style="list-style-type: none"> • Delivered live and real time

Assessment element 4: Plan and deliver group indoor cycling worksheet	N/A
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