

Diploma in Exercise & Health Fitness

Stage 2

Studio Cycling (Spinning)



UNIVERSITY of LIMERICK
OLLSCOIL LUIMNIGH



This is a Specialist Module in Stage 2 of the Diploma in Exercise & Health Fitness. Applicants who choose the diploma programme may take this module as one of their options.

RECOGNITION: 15 credits towards the Diploma in Exercise & Health Fitness (DEHF). The DEHF is awarded by the University of Limerick and is placed at Level 7 on the National Qualifications Framework (NQF) and Level 6 on the European Qualifications Framework (EQF).

Aim:

The aim of this specialist module is to provide Exercise & Health Fitness Professionals with skills, knowledge and competencies to provide safe and effective professional instruction in Studio Cycling (Spinning). Studio Cycling Instructors usually teach group classes within Health, Fitness and Leisure facilities or with teams and clubs.

Module Details:

- There will be one contact day for this module. Participants will complete the remaining contact hours including theoretical elements and basic techniques via e-learning DVD or website prior to the contact day.
- The Final Written Assessment will consist of an online assessment.
- The Final Practical Assessment will be by submission of a DVD showing practical teaching/ instructional ability. Criteria and details will be provided at contact weekend.

Entry Requirements:

(A) For Certificate in Exercise & Health Fitness (CEHF) Graduates:

- Completed NCEF/UL Application Form
- Curriculum Vitae outlining your work experience in the health/fitness industry
- Copy of your CEHF Certificate

(B) For PEAI/NCEF graduates from 1987-2006 or those with equivalent qualifications:

Previously qualified NCEF Level 1 Instructors (or those with equivalent qualifications) are eligible to apply for entry onto this module through the NCEF/UL Recognised Prior Learning (RPL) Scheme.

(i) Recertified NCEF Level 1 Instructors:

Please Submit

- Completed NCEF/UL Application Form
- Curriculum Vitae outlining your work experience in the health/fitness industry
- Copy of your NCEF Level 1 Certificate

(ii) Non - Recertified NCEF Level 1 Instructors and Instructors who hold qualifications other than NCEF

Please Submit

- Completed NCEF/UL Application Form
- **Portfolio of Learning (POL).** This portfolio, completed on an official NCEF/UL Portfolio Form, should clearly detail your existing qualifications and background based on your previous learning and experience in the Health/Fitness Industry. (This POL Form is available from NCEF Head Office or www.ncefinfo.com). All relevant documentation must be submitted with this form.

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University of Limerick,
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Occupational First Aid (OFA) is an NCEF & industry requirement. All candidates on the above programme must provide a current OFA Certificate on application.

Module Content

1. Introduction to Studio Cycling:

- History of Studio Cycling
- Benefits of Studio Cycling

2. Studio Cycling Theory & Practice:

- Bike Set-Up
- Studio Cycling Techniques
- Workout Intensities
- Safety Procedures

3. Programming:

- Class and programme design
- Principles and considerations of class & programme design
- Advanced Instructional Skills

4. Studio Cycling Applications:

- Work Experience
- Preparation for Assessment

Final Summative Assessments:

- Submission of DVD
- Online Written Assessment

Tutors

All Tutors hold the Diploma in Exercise & Health Fitness (DEHF) or equivalent qualifications. A significant number of NCEF Tutors are also graduates in disciplines closely related to Exercise and Health Fitness. Many of these tutors are teaching and/or conducting research in the areas of Education, Physical Education, Sport & Exercise Science and Recreation Management

Continuing Professional Development (CPD)

Continuing Education Credits (CEC's): This module will earn PEAI/ NCEF holders 650 Continuing Education Credits (CEC's). An extra 75 CEC's are available on successful completion of assessment requirements.

ECTS Credits: CEHF graduates on the Diploma pathway will be awarded 15 ECTS Credits on successful completion of all requirements.

