



Indoor cycling to music

This specialist course on teaching **Indoor cycling classes to music** will add a valuable qualification to your current competencies. On successful completion, you will be able to demonstrate knowledge of a range of Indoor cycling exercises and be able to teach Indoor cycling classes to music.

Subjects include

1. The history and philosophy of indoor cycling
2. The principles and benefits of indoor cycling
3. Plan and prepare to instruct safe and effective indoor cycling classes
4. Instruct indoor cycling classes using appropriate teaching methods

Credits and duration of the course

The credit value of this specialisation is 12 credits (120 notional learning hours). To certify in this specialisation, it will take approximately one hundred and twenty notional hours excluding any pre-requisites. If you allow approximately 8-hours a week for studies (including tasks for assessment and experiential learning) you will take 15 weeks to complete the course.

Programmes are learner-paced. Students learn at different rates and some become competent and confident sooner than others. Our experience informs us that students who follow the learning process usually master the learning in the expected time frame. Students develop the confidence to implement skills at different rates and some may take longer to gain confidence. But, with sufficient practice, confidence as well as competence is achievable.

Admission Criteria and certification requirements

1. **Qualified applicants:** if you hold a qualification which includes exercise science and nutrition, you need to provide proof of your certification when you register.

2. **Unqualified applicants:** you need to complete the learning and assessment criteria of the prerequisite/s and the specialisation.
3. **Self improvement:** it is possible to attend the specialisation but not take assessment.
4. **Certificates:** certificates are only provided once fees are paid in full and on successful completion of all assessment criteria. Certificates of attendance are **not** provided. Students receive a letter of registration and confirmation once they register.

Students receive the following

eta course manual, study guide, evidence portfolio and CD.

Studying and attending the specialisation at an eta campus

1. Induction session and introduction to the learning system

You will attend an induction session given by an **eta** facilitator. The aim of the session is to prepare you for the learning and assessment process. In addition, it is an opportunity for you to clarify your expectations and for **eta** to ensure that you understand their expectations.

2. Learn and practice what you have learnt

From now, until your practical skills workshop you will work alone. You follow the study guide, gather evidence and immerse yourself as a participant in your specialization's practices by following the study guide and using your manual.

3. Attend a practical workshop at your campus

Once you have familiarised yourself with the material and the specialization's practices on your own, you will attend a practical skills workshop with a teacher who is qualified and experienced in this specialization. This workshop focuses on practical application and will help you to acquire a deeper understanding of the skills required for your specialisation.

4. Practice your skills

Once you have familiarised yourself with the course material and the specialization's practical skills you need to practice your newly learned skills on your own, in front of a mirror or with willing participants. In this way, you learn by practicing and at times through trial and error. If you feel you that need more guidance from the subject expert you can arrange this privately. You will be liable for extra fees they may charge you.

5. Arrange a practical session at your campus through your facilitator

This means you give a demonstration at your campus where someone from the faculty will attend to determine if you are ready for assessment. If they are satisfied you can prepare for your summative assessment. If you are not yet ready for assessment, you will be provided with feedback on areas that need more work and on what to practice.

6. Submit your portfolio of evidence and arrange a practical demonstration

You need to submit your completed tasks and to complete a practical demonstration for summative assessment. You may be required to attend campus or to make a DVD of your demonstration and submit the DVD for assessment. You will receive written assessment feedback and results.

Studying the specialisation through Distance Learning

1. You do not attend classes therefore, you need to read and follow the instructions and the learning process in your **eta** Study Guide.
2. Once you have familiarised yourself with the material and worked through it on your own, you will then study the practical skills as demonstrated in your manual. This will help you acquire a deeper understanding of the practical skills needed for your specialisation.
3. From this point on you need to practice your newly learned skills, perhaps in front of a mirror or with willing participants. You will do this in accordance to your Study Guide and you will practice what you have learnt from your manual. In this way, you learn through practicing and at times through trial and error.
4. If you feel you need more guidance from a qualified and experienced specialist you can arrange this privately (you will be liable for the extra fee they will charge you).
5. Once you feel you have practiced sufficiently, you should arrange a practical session with a subject expert in your area. If, following this practical session, the subject expert feels you that you are ready for summative assessment, you can prepare for your final practical demonstration. If the subject expert feels that you are not yet ready for assessment, you need to work on areas that need more practice.
6. Your final task is to make a DVD of your practical demonstration and submit it for assessment along with your portfolio of evidence containing your set tasks. You will receive written assessment feedback and results.

To register

Complete the **eta** registration form for specialisations. You can also go to the website www.exerciseacademy.com and click on the **short course** button on the home page.

Accreditation

For details of **eta** accreditation check on the **eta** website: www.exerciseacademy.com