

The **eta** has developed a range of exciting specialisation courses to empower and enable their students with workplace skills so that they can function effectively in existing and new working environments. The courses are available as modular programmes taught at **eta** campuses or as distance learning programmes.



Benefits of doing this short course

This short course on **indoor cycling classes to music** (also known as **spinning**) will enable you to add a valuable qualification to your current competencies, if you are a qualified fitness practitioner. If you are not fully qualified, completing this course is a great start to your path in the fitness industry or it can simply be something to add value to that hobby you love.

The learning programme

You will learn the history and philosophy of indoor cycling and the principles and the benefits of indoor cycling. Safety elements include bike set up and procedures within an indoor cycling class. We then move on the physical aspects of the different postures and cadence when riding. You will learn about a variety of classes and how to inject energy and enthusiasm into your teaching. This is topped with ways in which music can be used for each class. Modules include:

1. Introductory exercise science module
2. The fundamentals of indoor cycling
3. Planning indoor cycling sessions to music
4. Implementing indoor cycling sessions

You receive the following:

Course manual and file with study guide and evidence portfolio

1. Music CD
2. DVD

Learning and assessment process: The course is based on sound education and training principles; combining theoretical and practical education. In your programme, you will be provided with instructions for your basic learning process along with self assessments to

monitor your progress. Learning activities and assessment tasks are included. At the end of your learning process you will be required to submit a knowledge test and evidence of a practical demonstration in the form of a verified checklist.

Certification: On successful completion of the assessment criteria, you will receive a *certificate in teaching Indoor cycling classes to music*.

Duration: The programme is based on 260 notional hours (150 of these are allocated to exercise science). This means it should take 260 hours to successfully complete. An experienced practitioner or a student currently studying with **eta** would take less time because they know most aspects of the programme; they may be using the programme as a refresher or as a means to obtain a qualification.

Categories of candidates

1. **Fitness or Coaching Science:** these are candidates who are currently studying or have completed a National qualification in Fitness or Coaching Science. These candidates are exempt from the introductory exercise science module. On achieving the prescribed assessment criteria for the specialisation, they will receive a module certificate.
2. **Bridging:** these are experienced people, working in the industry that may not have a formal qualification or may have an associated qualification that does not include exercise science. If they wish to qualify in the specialisation, they must achieve the assessment criteria of exercise science as well as their specialisation. On successful achievement of the assessment criteria, they will receive a certificate.
3. **Hobbyist:** these are people who are seeking knowledge or self-improvement. These candidates are not assessed and do *not* receive a certificate. However, if they wish to qualify, they need to complete the exercise science section of the course as well. Assessment then includes exercise science and the specialisation. On achieving all of the prescribed assessment criteria, they will receive a module certificate.

Assessment: Assessment cost is included for category 1 candidates. For candidates in category 2 or 3, assessment of the exercise science section is extra.

To register: Complete the **eta** registration form for specialisations. You can also enquire on our website. Go to www.exerciseacademy.com and click on the **specialisations** button on the home page.

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