

Spin Instructor



Awarding body: Active IQ

Duration: 1 day

Aimed at

This course is suitable for those who already have knowledge and skills in fitness instruction, looking to broaden their skills to include instructing studio cycling sessions.

Course description & subjects covered

This course will train learners to a professionally competent level to plan and deliver safe and effective group cycling sessions.

Assessment

This course includes a practical assessment.

Entry requirements

Learners must already hold a suitable Level 2 Fitness Instructing qualification. Some experience of studio cycling is useful but not essential. However, as the course requires physical exertion and individual participation, a degree of physical fitness is necessary.

There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication.

Candidates required to provide

NA

Cost

£110.00



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