

AFLCA Cycle Designation Performance Standards

The AFLCA Group Exercise Specialty Leader with Cycle Designation is certified to:

1. Lead a safe, effective and appropriate indoor cycling class in order to meet the needs of the participants.
2. Lead exercise groups that are based on AFLCA standards & NFLA guidelines
3. Lead participants on indoor cycling bicycles (vs. exercise bicycles or outdoor bicycles on rollers)
4. Lead participants that are apparently healthy

*A group is defined as a leader facilitated exercise session with more than one person.

The History & Evolution of Cycle-based Group Exercise

- A-1) Identify appropriate bike fit guidelines
- A-2) Demonstrate proper bike fit for participants of all levels
- A-3) Demonstrate knowledge of safe and effective pedaling technique and cadence
- A-4) Describe and demonstrate safe and effective cycling postures as well as neutral body alignment
- A-5) Identify and correct improper bike fit, pedaling cadence, and postures
- A-6) Describe North American Standards for indoor cycling cadences
- A-7) Outline injury and legal risks

Leadership & Teaching

- B-1) Describe & implement indoor cycling elements and drills to meet the needs of participants
- B-3) Distinguish between different types of cardiovascular conditioning
- B-4) Design & conduct a safe and effective indoor cycling exercise class using appropriate leadership styles
- B-3) Demonstrate exercise progressions, modifications and variations to meet the needs of the participants
- B-4) Create a positive learning environment
- B-5) Demonstrate knowledge and adherence to the AFLCA Code of Conduct and Scope of Practice

Class Structure & Content

- C-1) Describe & integrate the evidence based components of an indoor cycling class
- C-2) Define & implement appropriate forms of cardiovascular conditioning (aerobic, anaerobic) to program planning
- C-3) Describe common methods for monitoring exercise intensity
- C-4) Integrate stretching/flexibility into the appropriate class components safely and effectively
- C-5) Identify appropriate use of music for classes, and how to legally source class music

