

GROUP EXERCISE LEADER DESIGNATION LEARNING OBJECTIVES CHART: CYCLE DESIGNATION



Refer to detailed Learning Objectives to complete this form. The general categories have been provided.

LEARNING OBJECTIVE CATEGORIES	COURSE CONTENT	LEARNING OUTCOMES
<p>Section 1- Bike Set-up and Safety</p> <ol style="list-style-type: none">1. Bike Set-up2. Pedaling3. Cadence4. Posture <p>Section 2- Class Structure and Content</p> <ol style="list-style-type: none">1. Planning for and implementing the components of an indoor cycling group exercise class2. Use of music in an indoor cycling group exercise class3. Clothing and Footwear <p>Section 3- Leadership and Choreography Design</p> <ol style="list-style-type: none">1. Outdoor cycling elements2. Cardiovascular3. Movement combinations/ choreography design4. Instruction, cueing and leadership		