

## **PERFORMANCE STANDARDS: Group Cycle**

Group Cycle Performance Standards build on the Foundations in Physical Activity and Exercise prerequisite knowledge base.

### **Performance Standards**

**A Group Cycle Exercise Leader** designs and implements a safe and effective group exercise class for apparently healthy participants.

## **I: HISTORY AND EVOLUTION OF GROUP EXERCISE**

### **Performance Standard**

The Group Cycle Leader will describe the history of group exercise classes.

#### **Competencies:**

1. Defines group exercise.
2. Explains current trends and factors that influence the popularity of group exercise.
3. Describes the evolution of group cycle classes within the group exercise field.

## **II: HEALTH-RELATED BENEFITS OF PHYSICAL ACTIVITY**

### **Performance Standard**

The Group Cycle Leader will describe the benefits of group exercise classes.

#### **Competencies:**

1. Discusses the benefits of group exercise in general and group cycle exercise classes specifically as they relate to the overall benefits of physical activity, including weight management, aerobic capacity and stress management.

## **III: LEADERSHIP & COMMUNICATION**

### **Performance Standard #1**

The Group Cycle Leader will demonstrate and identify qualities, strategies, and skills of effective leadership.

**PERFORMANCE STANDARDS: Group Cycle****Competencies:**

1. Employs professional qualities of leadership strategies in the delivery of group cycle exercise classes to encourage program adherence.
2. Employs situational leadership strategies to ensure a safe, effective group cycle exercise class.
3. Creates a positive learning environment within group cycle classes.

**Performance Standard #2**

The Group Cycle Leader demonstrates a variety of effective communication techniques.

**Competencies:**

1. Effectively uses verbal, and visual cueing.
2. Describes how to enhance verbal and visual cueing in group cycle classes
3. Effectively gives and receives feedback to and from group cycle participants.
4. Uses techniques to reduce voice strain or injury.

**Performance Standard #3:**

The Group Cycle Leader demonstrates knowledge of group dynamics.

**Competencies:**

1. Creates a supportive, student-centered environment through positive communications and interactions with participants.
2. Creates an inclusive environment for all participants
3. Monitors the stages of group development and takes specific actions to improve group dynamics.

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### **IV: EXERCISE ANALYSIS**

#### **Performance Standard**

The Group Cycle Leader selects safe and appropriate exercises for the goals and objectives of a group exercise class.

#### **Competencies:**

1. Applies the process of movement and exercise analysis to choose appropriate exercises for all participants.
2. Explains the purpose and potential risks of a given exercise.
3. Demonstrates ways to execute exercise selections effectively, including progressions, regressions and alternatives.
4. Explains risks and benefits of exercises within individual's abilities and considering their limitations.
5. Explains the importance of proper body alignment, posture and core stabilization in relation to injury prevention.
6. Provides feedback about correct or improper exercise execution and provides appropriate modifications, such as progressions, regressions, or alternatives.

### **V: PROGRAM PLANNING & CLASS DESIGN**

#### **Performance Standard #1**

The Group Cycle Leader designs an effective program using established methods and training principles.

#### **Competencies:**

1. Applies the ADDIE model to group cycle class design.
2. Incorporates appropriate exercises within each component of the group cycle exercise class.
3. Explains the purpose and importance of each component of a cycle class.

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4. Applies the principles of conditioning including, but not limited to: FITT, specificity, progressive overload, periodization and the ceiling effect.
5. Implements functional exercises within the class setting.
6. Implements a variety of group cycling elements and drills that meet the needs of participants, such as varied cadences, body positions, drill lengths.
7. Chooses different intensities of cardiovascular conditioning (i.e., aerobic, anaerobic) for program planning.
8. Understands and applies appropriate methods for monitoring exercise intensity

**Performance Standard #2**

The Group Cycle Leader evaluates programs using measurable outcomes to ensure effective and appropriate programming.

**Competencies:**

1. Evaluates the effectiveness of class design using ADDIE principles.

**Performance Standard #3**

The Group Cycle Leader selects music appropriate to both the class format and participants.

**Competencies:**

1. Lists reasons for using music in an exercise setting.
2. Identifies appropriate music for different class formats and styles, including beats per minute.
3. Selects appropriate music tempo, i.e., beats per minute, for each class component where applicable.
4. Uses and demonstrates safe music and microphone volumes.
5. Describes music copyright laws

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### **Performance Standard #4**

The Group Cycle Leader will demonstrate how to use equipment to enhance training for various participants and class types, ensuring that it is both safe and effective.

#### **Competencies**

1. Uses appropriate bike fit guidelines.
2. Demonstrates proper bike fit for participants of all levels.
3. Demonstrates safe and effective pedaling technique and cadence.
4. Demonstrates safe and effective cycling postures and neutral body alignment.
5. Identifies and corrects improper bike fit, pedaling cadence, and postures.
6. Uses North American Standards for group cycling cadences (60-110 RPM).

## **VI: PROFESSIONAL PRACTICE & RISK MANAGEMENT**

### **Performance Standard #1**

The Group Cycle Leader demonstrates knowledge of professional conduct in a group exercise setting.

#### **Competencies:**

1. Describes the Fitness Alberta Code of Conduct and Group Cycle Scope of Practice, including the implications for working outside of that scope.
2. Acts as an informed resource to colleagues and participants.
3. Understands the role of maintaining accreditation to continued professionalism.
4. Understands the role of continuing education to continued professionalism.

### **Performance Standard #2:**

The Group Cycle Leader designs and conducts classes in such a way as to minimize and manage risk.

**PERFORMANCE STANDARDS: Group Cycle****Competencies:**

1. Describes the Fitness Alberta Code of Conduct and Group Cycle Scope of Practice, including the implications for working outside of that scope.
2. Acts as an informed resource to colleagues and participants.
3. Understands the role of maintaining accreditation to continued professionalism.
4. Understands the role of continuing education to continued professionalism.