

# PAK217 - SAFE STATIONARY CYCLING INSTRUCTOR BEHAVIORAL OBJECTIVES

2023



Upon completion of this course, the participant will be able to:

## ***General information and principles of leadership***

- define stationary cycling
- list at least 5 benefits of stationary cycling
- discuss the history of stationary cycles and their introduction as a group class, including the originators
- explain trademark law applied to stationary cycling classes and the instructor's liability regarding naming their classes
- discuss at least 3 considerations before starting a career teaching stationary cycling and the 3 types of employment status
- discuss the differences between outdoor road cycling and indoor stationary cycling and discuss considerations for stationary cycling outdoors
- discuss the instructor's responsibility for proper maintenance of cycles
- explain the following: scope of leadership, health screening recommendations, product liability and proper personal credential advertising
- explain music copyright law (making) and licensing (playing), including the names of the 3 performance rights organizations and instructor responsibility regarding compliance
- discuss features to consider before purchasing a stationary cycle
- locate, and describe the function of at least eight common major parts of most stationary cycles
- list 3 pieces of attire or gear that keeps cycling safe and comfortable
- discuss the basics of classroom set-up and suggested classroom policies

### ***Technique essentials, designing classes, and injury prevention***

- explain the importance of health screening and list the screening guidelines
- list at least 5 common riding mistakes and at least 5 stationary cycling safety guidelines
- describe proper basic riding posture in the seated stationary position
- discuss the three key areas of the body to observe for a proper cycle fit and be able to adjust the fit for self and others
- discuss proper form and technique in seated and standing pedaling positions along with safe transitioning techniques
- list at least 6 general safety guidelines
- describe the major muscles used in cycling and the muscles that require additional stretching
- define the following: aerobic exercise, anaerobic exercise, fitness, components of fitness, principles of training and the coaching method
- explain how the training principles are used to safely develop a fitness program using stationary cycling with emphasis on individual differences
- explain 4 methods of monitoring intensity during cycling
- list signs of overexertion and signs of overtraining
- define rhabdomyolysis, its link to cycling, and how to prevent it
- explain at least three variations of hand placement and when each is appropriate to use
- discuss three types of basic stationary cycling classes and design one of each using the mapping template
- discuss sources of ideas to create an “Imaginary Journey” class
- explain methods to replicate common outdoor cycling terrains, including how and when to safely increase and decrease speed to create the illusion of traveling a straightaway, uphill, downhill, and when to incorporate recovery breaks

- explain at least one safety recommendation regarding body positioning for each of the following: the spine, upper body and shoulders, elbows, wrists and hands, hips, knees and thighs, feet, and ankles
- define: pedal stroke, revolution, cadence, and RPM
- discuss the relationship of music to pedal stroke and RPM
- discuss 3 motivational techniques and 3 ways to increase adherence