



CREATING CHAMPIONS OF SPIN

– INSTRUCTOR TRAINING COURSE –
INFORMATION PACK

CADENCE

CREATING CHAMPIONS OF SPIN®

The CADENCE - CREATING CHAMPIONS OF SPIN® Instructor Course is specifically focused on adult participation. The course has a mix of theory and practical elements designed to shape your style of coaching as a spin instructor.

This instructor training course has elements where candidates are expected to coach and participate through a variety of moderate to high intensity routines.

This manual will be your reference guide to accompany you on your journey to becoming a qualified CADENCE - CREATING CHAMPIONS OF SPIN® Instructor.

To achieve the CADENCE - CREATING CHAMPIONS OF SPIN® Instructor accreditation, candidates must achieve a minimum of 75% on the theory-based and practical assessments.



www.thebamonline.co.uk

WELCOME TO CADENCE – CREATING CHAMPIONS OF SPIN®

Dear Instructor

The CADENCE – CREATING CHAMPION OF SPIN® instructor training course is specifically focused on adult participation. There will be plenty of opportunities to take notes during the CADENCE instructor training course. There will also be hardcopy and electronic based materials available to accompany your learning experience. The course has an equal mix of theory and practical elements designed to shape your style of coaching as a CADENCE spin instructor.

This instructor training course has elements where candidates are expected to coach and participate through a variety of moderate to high intensity routines.

To achieve CADENCE – CREATING CHAMPION OF SPIN® Instructor accreditation, candidates must:

- Obtain a 75% or higher pass rate on the theory based assessment
- Obtain at least 75% on the practical assessment



PD:Approval
Endorsed

CONCEPT

INDOOR CYCLING / SPIN is an exercise class which focuses on endurance, strength, interval training, high intensity and recovery. This involves using a special stationary exercise bicycle with a weighted flywheel within a class environment.

The CADENCE indoor cycling course will enable instructors to:

- Be a prime role model – A Champion of Spin
- Motivate, encourage and inspire
- Provide a feel-good experience
- Teach effective classes and major on technique
- Be confident and sensitive when correcting participants' techniques
- Be one with the class and support and build up your riders!

The CADENCE - CREATING CHAMPIONS OF SPIN® course is a fitness orientated programme, designed to provide learner instructors the essential basics of delivering fun, safe and effective spin classes.

As CADENCE instructors we embrace physical and mental well-being while implementing sound techniques to:

- be PHYSICALLY HEALTHIER
- look GOOD with CORRECT POSTURE
- improve CORE and BODY BALANCE
- promote SELF-CONFIDENCE and to FEEL GREAT!!!

This course is designed to produce great instructors with best practice while supporting riders in challenging workouts. CADENCE - Creating Champions of Spin always provide their participants with the best possible experience.

On completion of this course instructors will be able to design and deliver effective classes that push the intensity of each rider whilst adhering to the RPE (Rate of Perceived Exertion) scale.

BENEFITS OF SPIN

- Weight Loss
- Cardiovascular Fitness
- Mental Well-Being
- Physical Performance

BENEFITS OF SPIN TO OLDER ADULT

- Enables easier performance of everyday activities
- Improves core stability and balance making falls less common, and injuries less severe
- Excellent method of weight management as metabolism slows down with age
- Reduces risk of metabolic-associated conditions such as cardiovascular disease and type 2 diabetes
- Reduces the occurrence and severity of anxiety, stress and depression



COURSE STRUCTURE

This course aims to provide riders with a fun and dynamic spin workout that will keep them wanting to come back for more. The course is designed to teach entry level skills and competences to help you on your journey as a spin instructor. Learners will be required to sit a multiple choice theory paper and complete a practical assessment by devising and delivering two short choreographed routines.

Specific learning outcomes:

1. Devise and teach enjoyable and rewarding sessions tailored for adults of all fitness levels
2. Demonstrate correct exercise technique and form
3. Perform and lead the exercises confidently to motivate and engage the class
4. Use CADENCE terminology effectively when teaching
5. Execute a range of moderate to high intensity routines using the RPE% method effectively
6. Observe and correct participants' technique when required
7. Demonstrate knowledge and understanding of the fundamentals of CADENCE to promote a safe and effective spin workout, recruited muscles, core strength and stability (Theory Assessment)

ASSESSMENT STRATEGY

Theory Assessment

This will be a multiple choice exam which consists of 20 CADENCE related questions. The assessment has a 75% pass rate so therefore, a tally of 15 out of 20 correct answers are required. The paper will consist of extracts taken from the CADENCE – CREATING CHAMPIONS OF SPIN instructor course manual and will be completed under formal exam-based conditions.

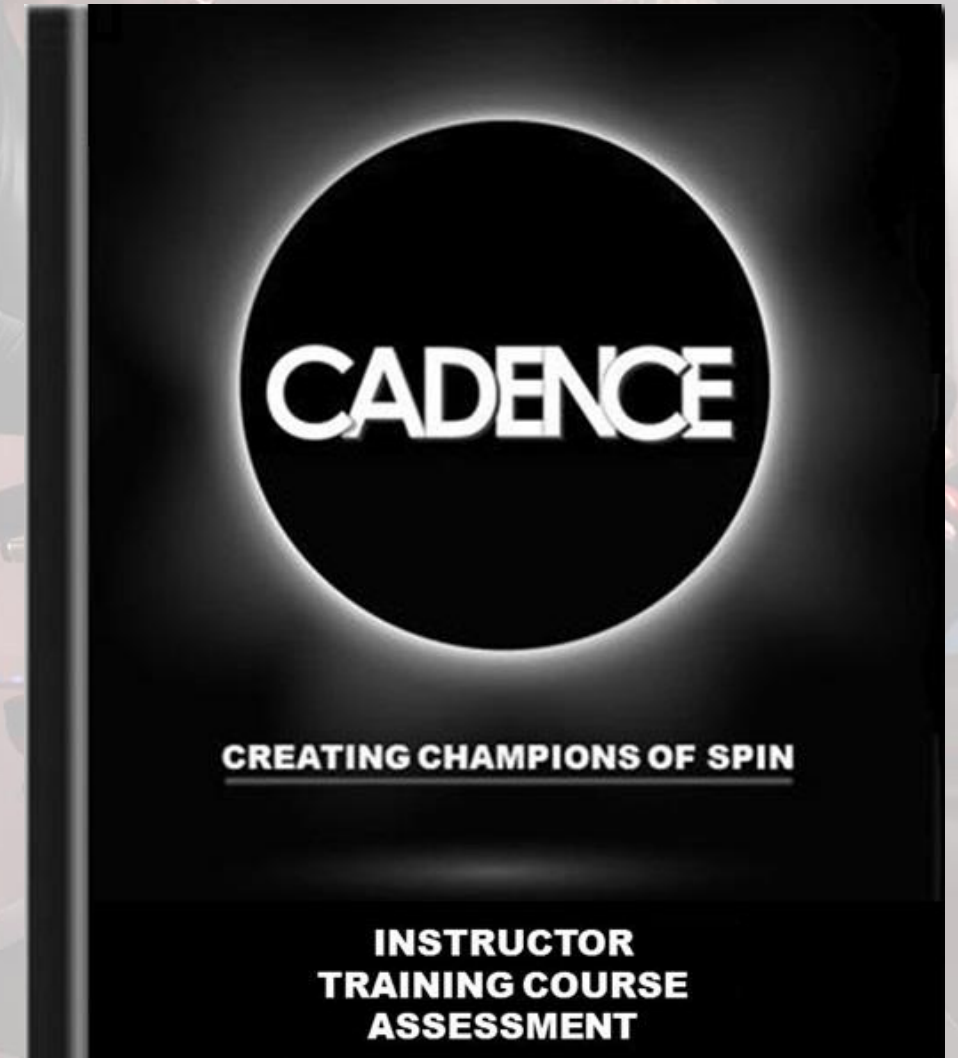
Practical Assessment

The candidate will be assigned:

x1 Resistance track

x1 Combo track

The assigned tracks will be prepared and presented to the group for assessment. This will incorporate moves and techniques taken from the course. The practical assessment requires a pass rate of 75% or higher. Each element of the practical assessment is awarded pass, refer or defer (See assessment criteria).



BRIEF STRUCTURE OF DAY (EXAMPLE)

AM

- 08:45 – 09:00** **Registration**
- 09:00 – 09:30** **Introduction & Course Overview**
- 09:30 – 10:00** **Manoeuvres / Actions / Movements**
- 10:00 – 10:50** **Master Class Followed by Q&A**
- 10:50 – 11:00** **Alternative Teachings**
- 11:10 – 12:00** **Theory Paper – Multiple Choice Exam**

LUNCH

PM

- 13:00 – 13:20** **Assigning Practical Assessments**
- 13:20 – 15:45** **Assessment Practice Time**
- 15:45 – 17:00** **Final Practical Assessment**

END OF DAY

HOW TO CONTACT US

CADENCE

CREATING CHAMPIONS OF SPIN

CADENCE – CREATING CHAMPIONS OF SPIN®
INSTRUCTOR TRAINING PROVIDER

PHONE: 07789434125

EMAIL: cademon@live.com

WEB: www.thebamonline.co.uk

CADEMON®
SPORT AND FITNESS LIMITED



[BAM ON FACEBOOK](#)

You
Tube

[THE BAM CHANNEL](#)