

Part time, 22/23

L1 Cycling Fitness and Performance

Course information (PDF generated at 29/06/2022 01:42:52 am)
www.sgscol.ac.uk/study/academic-sport/l1-cycling-fitness-and-performance

Summary

The Level 1 Certificate in Cycling Fitness & Performance is designed to provide you with the necessary skills, knowledge and understanding to develop your cycling performance.

The programme explores a range of modules including:

- Anatomy and Physiology for Cyclists
- Effects of Cycling on the Body
- Nutrition for Cyclists
- Taking Part in Cycling
- Volunteering in the Cycling Sector
- Using Data to Improve Cycling Performance
- Cycling as Part of a Healthy Lifestyle

The qualification is designed for cyclists at any level, from beginners to advanced. You will develop an understanding of different training methods, how to improve performance, the anatomy of a cyclist, cycling specific nutrition and how to fuel your body for success. Learners will also use basic numeracy to assess and interpret data related to your cycling performance.

How will I learn?

Enrol online



With this course we have brought the classroom to you and created an interactive online learning environment. These sessions are never pre-recorded and like in a classroom you will have a teacher and other students interacting with you live on set teaching dates. Allowing you to ask questions and gain skills all without leaving your desk. The course is delivered over a 10-week period.

After each delivered session you will take part in an online cycling coaching session which links theory to the practical application. In these sessions you will experience bespoke training that you will be able to participate in your own home*. Sessions are designed to expose you to new training methods and to push your cycling on to the next level.

*A turbo trainer or static exercise bike will be required to take part in the free 10-week sessions.

This course is a 12-week interactive online learning environment. These sessions are live with your tutor and other students on set teaching dates. This will be allowing you to ask questions and gain skills all without leaving your desk.

Our virtual learning courses bring the classroom to you. Courses are online, allowing you to study from anywhere however classes run live at scheduled times and dates. Giving you the full live classroom experience with other learners and our expert lecturers, all from the comfort of your home.

Entry Requirements

To be eligible to study this course you must meet the following entry requirements. You must be aged 19 or over as of 31/08/20. You must have lived in the EU for the last three years. You must currently reside in England. You must have access to a home computer that can connect to the internet to access our online platform. If you have any questions regarding entry requirements please email sport@sgscol.ac.uk.

Additional Information

With you every step of the way!

Get more from your online courses, let us help you succeed with bespoke packages led by our dedicated online support team:

- Occupational specialists and tutors just a click away to support you
- Expert digital team on hand to resolve IT issues
- Access to free online community for those suffering with adverse mental health, 24 hours a day
- Enjoy incredible discounts while you study with your NUS/Totum student card

New to online learning? Require additional support? Let us help you with each step you take.

DEPARTMENT CONTACT

For more information about this course please email sport@sgscol.ac.uk.

COURSE FEES

Please be aware that some courses have fees that are payable on enrolment. More information on if this course has a fee can be found in the Availability section below.

If you require financial support including payment plans, bursaries and advanced learner loans

please visit the [Money Management Service](#) section of the website.

For more information on fees please view our [Fees, Charges and Refunds Policy](#) and our [Applications, Admissions and Enrolment Policy and Procedures](#).

ONLINE ENROLMENT

This course offers simpler and safer online enrolment requests, which means in a matter of minutes you can submit an enrolment request to us. However please be aware that upon submitting your enrolment form you are not guaranteed to be accepted. A number of our courses require assessments, qualification checks or simply a conversation with you before we can confirm your enrolment.

Within 24 hours of enrolment submission you will receive an automated email notification with information on what happens next. Please add onlineservices@sgscol.ac.uk to your safe sender list. Most email providers allow you to do this within settings/options. For full instructions simply use your chosen search engine to find instructions on how to make emails as safe.