

Part time, 22/23

L2 Cycling Fitness and Performance

Course information (PDF generated at 29/06/2022 01:48:51 am)
www.sgscol.ac.uk/study/academic-sport/l2-cycling-fitness-and-performance

Summary

The Level 2 in Cycling Performance is designed to provide you with the opportunity to develop your knowledge on how to optimise both your own and others cycling performance.

The course will explore a range of topics over an 8-10 week period:

- Physiological adaptations of a cyclist
- Psychology for cycling performance
- Nutrition for Cycling performance
- Developing own Cycling Fitness

The course has been designed to provide you with 2 hours a week of academic content and 1 hour of practical online cycling coaching. This format will be delivered for 8-10 weeks and will enable you to apply theory to practice.

The online coaching sessions* are delivered by our highly experienced cycling coach, Nic Tilling. Nic has a wealth of experience within the cycling industry, from coaching the SGS Cycling Academy to performing at the top level himself. Nic's expertise will support you to push your cycling performance onto the next level.

*A turbo trainer or static exercise bike will be required to take part in the online cycling sessions.

How will I learn?

Enrol online



With this course we bring the classroom to you and create an interactive online learning environment. The 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.

There are assessments that you must complete and submit on a weekly basis, these range from workbook to recorded video content.

The sessions are live with your tutor and other students on set teaching dates. This will allow you to ask questions and gain skills without leaving your desk.

Our virtual learning courses brings 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.

- Complete the L1 in Cycling Fitness and Performance as a prerequisite
- You must be aged 19 or over as of 31/08/21
- 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.
- You must have a turbo trainer or static exercise bike to take part in the online cycling sessions

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.