



## CYCL'H2O WORKSHOP TIMETABLE\*

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- 09.00 – 09.15 – Welcome and introduction
- 09.15 – 09.45 – Properties of the water
- 09.45 – 10.15 – Benefits
- 10.15 – 10.45 – The AquaBike
- 10.45 – 11.00 – Coffee Break
- 11.00 – 11.30 – 30min Cyc'H2O Class
- 11.30 – 12.00 – Review the Cycl'H2O Class
  - Cycling Technique and Positions
  - Structure of the Class
- 12.45 – 13.30 – Lunch break
- 13.30 – 14.30 – Health and Safety Concerns
- 14.30 – 15.00 – Prepare a 10min Cycl'H2O Trial
- 15.00 – 15.30 – Teach a 10min Cycl'H2O Trial
- 15.30 – 16.00 – Review the practical sessions
- 16.00 – 16.30 – Clarify doubts and evaluate the workshop / close

\*Subject to change depending on number of teacher and agreed start time. However instructors will be informed before hand.



# AIM AND CONTENT PER TOPIC

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## 1. Properties of the Water

### **Aims and Outcomes:**

- Identify the properties of water and be able to understand how do they interfere with the movement and exercise inside water
- Understand how can participant use these properties to adjust the intensity of a cycling movement inside water

### **Content:**

- Buoyancy
- Resistance
- Hydrostatic Pressure
- Heat Dissipation
- Newton's Laws
- Partial Pressure
- Gravity

## 2. Benefits

### **Aims and Outcomes:**

- Be able to identify the main benefits of an Aqua Cycle Class
- Understand who may benefit from Aqua Cycle Classes

### **Content:**

- Benefits of exercising in water
- Benefits of Aqua Cycling
- Finding the right audience for an Aqua Cycle Class

## 3. The Aquaness Aqua Bike

### **Aims and Outcomes:**

- Understand the characteristics of the Aquaness AquaBike
- Learn how to adjust and set up the Aquaness AquaBike

### **Content:**

- Characteristics of Aquaness AquaBike
- How to adjust an Aquaness AquaBike and prepare for a class
- Storage and maintenance



## 4. Cycling technique and positions

### Aims and Outcomes:

- Understand the right cycling technique outside and inside water.
- Identify the main muscles involved on the cycling movement.
- Learn the different cycling techniques/positions and exercises that can be used in an Aqua Cycle Class.

### Content:

- Cycling technique
- Cycle positions
- Cycling anatomy
- Technique, alignment and posture when cycling inside the water
- Exercises using the Aquaness AquaBike – Cycling and conditioning

## 5. Structuring a Cycl'H2O class

### Aims and Outcomes:

- Understand how to structure and design a group exercise class.
- Identify different ways of structuring a Cycl'H2O class according to your audience

### Content:

- The key sections of a group cycling class
- Running of a Cycl'H2O class
- Type of class according to goals and audience

## 6. Health and safety concerns

### Aims and Outcomes:

- Identify the main health and safety concerns
- Recognise unqualified participant and unsafe exercises
- Learn and prevent any possible accidents around the teaching environment

### Content:

- Physical Activity Readiness Questionnaire (PAR-Q)
- Lifestyle screening - Ineligible participants
- Risk concerns
- Conflicting exercises
- Pool safety operating procedures (PSOP)



## 7. Practical training to deliver Aqua Cycle classes

### Aims and Outcomes:

- Experience a Cycl'H2O Class, in order to connect the theoretical outcome from the previous learning points with the practical feeling of cycling inside water
- Demonstrate knowledge previously taught by leading a class

### Content:

- Practical session led by tutor
- Practical session led by participants

## 8. Reviewing the practical Cycl'H2O class training session

### Aims and Outcomes:

- Analyse and understand the structure, style, exercises and goals
- Recap the different exercises and cycling techniques used in the session

### Content:

- Identify and understand how to solve, difficulties during an Aqua Cycle Class.
- Summarise the core points needed to be able to provide a Cycl'H2O class with confidence, quality and in a safe environment.

## 9. Evaluate the Information Provided / Close

### Aims and Outcomes:

- Evaluation of the workshop/tutor with questionnaire.

### Content:

- Questionnaires of evaluation

