



CYCL'H2O WORKSHOP TIMETABLE*

- 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 Cyc'H2O Trial
- 15.00 – 15.30 – Teach a 10min Cyc'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

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

