

Indoor Group Cycle Specialty Certification

Introduction	The Science of Cycling ①	Cycling 101 ②	Class Design ③
Class Instruction ④	Safety & Risk Management ⑤	Master Class ⑥	Wrapping Up

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Introduction

Welcome

- Welcome to NETA's online Indoor Group Cycle Specialty Certification
- NETA's Indoor Cycling course will assist instructors in designing a safe and effective cycling class for all fitness level and abilities.




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Introduction

Welcome


Upon successful completion of this online course you will understand...

- the science of indoor cycling including functional anatomy and energy systems,
- the fundamental knowledge and practical skills necessary to assume the role of an indoor cycling instructor
- the "what's," "why's," and "how's" of class design and teaching techniques, and
- how to communicate, coach, and motivate riders.




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The Science of Cycling



Section One


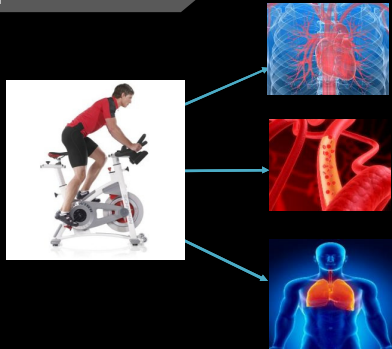
The Science of Cycling



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Introduction



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Cycling Biomechanics & Anatomy



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