

Delivery Guide – Cycling for physical wellbeing

Overview

This topic comes in three levels: entry level, level 1 and level 2. It provides learners with the opportunity to consider the impact of cycling on physical wellbeing. Learners will think about the benefits of cycling and will also think about the levels of fitness required for particular bike rides. In level 2, learners will also think about different levels of physical abilities, for example considering the impact that certain medical conditions can have on cycling.

Resources

Digital

<https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/health-benefits-of-cycling-and-walking>

This website explores the benefits of both walking and cycling on your health.

<https://www.cyclinguk.org/briefing/case-cycling-health>

This website explore the benefits of cycling.

<https://fingertips.phe.org.uk/profile/physical-activity>

This website looks at government research on the benefits of physical activity generally.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/757756/Cycling_and_walking_for_individual_and_population_health_benefits.pdf

This is a report from Public Health England on the benefits of cycling and walking. It is a large document and needs breaking down into small chunks with the person delivering the topic picking out the key information for learners.

<https://www.britishcycling.org.uk/knowledge/skills/get-started/article/izn20180118-Get-Started-How-to-climb---10-top-tips-for-beginners-0>

This website provides 10 top tips for beginners on how to cycle uphill.

<https://www.britishcycling.org.uk/knowledge/skills/sportives-ridesmart/article/izn20151117-Sportives--Ridesmart--How-to-climb-in-and-out-of-the-saddle---Ridesmart-0>

This video shows you how to climb uphill in and out of the saddle.

<https://www.cyclingweekly.com/fitness/training/fitter-better-cyclist-how-to-138915>

This website provides top tips on improving your fitness through cycling.

[Understanding intensity 2: heart rate \(britishcycling.org.uk\)](https://www.britishcycling.org.uk/knowledge/skills/fitness/article/izn20151117-Understanding-intensity-2-heart-rate)

This website provides information on heart rate and exercise and talks about how to manage your heart rate.

Physical

Internet access for yourself and devices with internet access for learners

Bikes and helmets

Student workbook

Subject knowledge

It is helpful to have some understanding of how sport can impact upon your physical wellbeing and also how sport can be accessed at different levels depending upon a range of factors such as physical ability and also medical conditions.

Activity ideas

Activities to deliver this topic could involve:

- using the resources above to discuss cycling and physical wellbeing.
- Going on a bike ride, using varying local terrain eg uphill climbs.
- Organising a guest speaker from a local cycling club/ local cycling racer to talk to the group.

Evidencing completion of the unit

Entry Level (unit code 117896)

Outcomes

Demonstrated the ability to

1. increase their level of physical exertion for a short period of time

Shown knowledge of

2. a medical condition that could be prevented by exercising regularly
3. a medical condition that could be improved by becoming more active

Experienced

4. cycling comfortably at a gentle pace.

Evidence

5. Record on the summary sheet when you have seen the learner increase their level of physical exertion for a short period of time whilst cycling.
6. Record on the summary sheet when the learner has identified a medical condition that could be prevented by exercising regularly.
7. Record on the summary sheet when the learner has identified a medical condition that could be improved by becoming more physically active.
8. Record on the summary sheet when the learner has experienced cycling comfortably at a gentle pace.

Level 1 (unit code 117897)

Outcomes

Demonstrated the ability to

1. manage their effort to cycle successfully up a hill
2. plan a ride for someone who is new to cycling and wants to improve their cardiovascular fitness

shown knowledge of

3. two medical conditions that could be prevented by exercising regularly
4. two medical conditions that could be improved by becoming more active
5. a way in which cycling could be adapted for someone who has a medical condition that affects their breathing

experienced

6. cycling comfortably at a gentle pace for 30 minutes.

Evidence

1. Record on the summary sheet when you have witnessed the learner managing their effort to cycle uphill successfully.
2. Record on the summary sheet and evidence in the learner workbook.
3. Record on the summary sheet and evidence in the learner workbook.
4. Record on the summary sheet and evidence in the learner workbook.
5. Record on the summary sheet and evidence in the learner workbook,
6. Record on the summary sheet when you have witnessed the learner cycling comfortably at a gentle pace (probably between 9-12mph) for 30 minutes.

Level 2 (unit code 117898)

Outcomes

demonstrated the ability to

1. plan a route for someone who is new to cycling and wants to improve their cardiovascular fitness
2. plan a ride for someone who cycles regularly, has already improved their fitness and wants to increase their capability

shown knowledge of

3. two medical conditions that could be prevented by exercising regularly
4. two medical conditions that could be treated with regular exercise
5. a risk associated with asking someone who has a medical condition to over-exert themselves
6. a medical condition that could require someone to need support to access cycling

acquired an understanding of

7. how to include people with different levels of physical capability in a bike ride they have planned

experienced

8. cycling continuously for an hour and managing their effort to deal with changing terrain.

Evidence

1. Record on summary sheet if you talked about the answer. Students can provide an answer in the learner workbook.
2. Record on summary sheet if you talked about the answer. Students can provide an answer in the learner workbook.
3. Learners need to identify two medical conditions and explain how they could be prevented by exercising regularly. This needs to be done in the learner workbook.
4. Learners need to identify two medical conditions and explain how they could be treated with regular exercise. This needs to be done in the learner workbook.
5. Learners need to identify a risk and explain how it can negatively affect the person. This needs to be recorded in the learner workbook.
6. Learners need to identify a medical condition and explain why the person would need support. This needs to be done in the learner workbook.
7. Record on summary sheet if you talked about the answer. Students can provide an answer in the learner workbook. Learners need to provide clear examples.
8. Record on the summary sheet when you have witnessed the learner cycling continuously for an hour and managing their effort to deal with changing terrain eg undulating, sustained climb, continuous flat etc.