

# fitness instructor

LEARN MORE



# about this programme



28 Credits

A Fitness Instructor is an exercise professional/fitness practitioner responsible for orientating members into an exercise setting and able to induct members and supervise members exercise sessions according to a pre-designed exercise programme.

Qualifying as a Fitness Instructor, you can enter the world of fitness training, helping clients change their lifestyles through exercise while using a pre-designed programme.



28 Credits, NQF Level 4



4-5 months



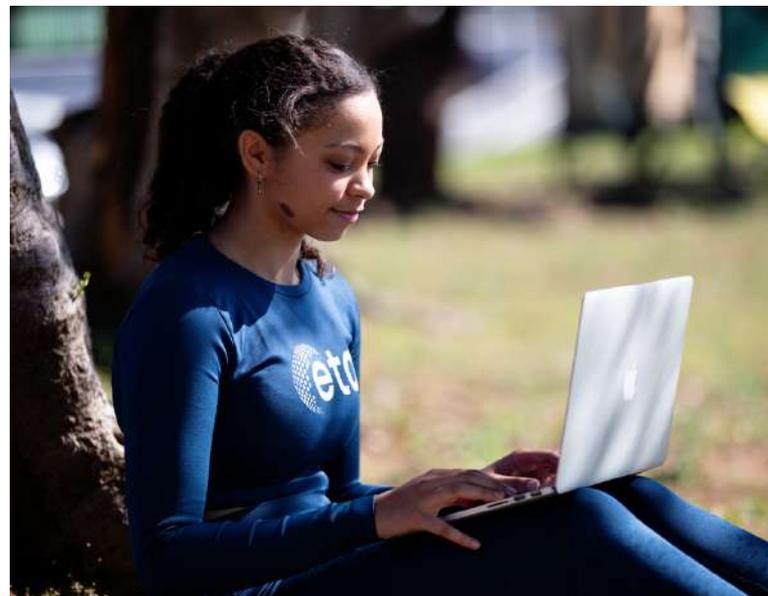
R8 000



Assessment is both theory and practical



There are no admission criteria to the programme.



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# how will this qualification help differentiate you?



You're looking for a fast-track into a career in fitness, or a bridging qualification into more advanced personal training certifications,



You see yourself working in a fitness facility, assisting clients with proper technique. Understanding how to effectively use gym equipment and advise on generic exercise programmes.



You are passionate about fitness and want to work in the fitness industry. You love learning about health and fitness and want to help others.

## **AFTER COMPLETING THIS PROGRAMME YOU'LL BE CONFIDENT IN YOUR ABILITY TO:**

- Apply knowledge of anatomy and physiology to exercise training.
- Recommend an exercise programme or fitness activity to facility members.
- Supervise the use of a fitness facility and its equipment.
- Instruct exercise to individuals and groups.

# what will you learn on this programme?

See the Courses included in this programme:

**COURSE 1: ANATOMY AND PHYSIOLOGY FOR EXERCISE INSTRUCTORS**

**COURSE 2: EXERCISE SCREENING AND PREPARATION**

**COURSE 3: FITNESS FACILITY ORIENTATION AND SUPERVISION**

**COURSE 4: LEADING EXERCISE SESSIONS**



# what career can you go into once you are qualified?

The programme allows you entry into the health and fitness industry. It is a stepping stone that allows you to explore your passion by studying further in your area of interest.

Personal Trainer

## PROFESSIONAL DESIGNATION WITH REPSSA:

Fitness Instructor



READ MORE ON REPSSA



## Who will hire me?

Fitness facilities – large gyms and fitness facilities as a group exercise instructor.

**THIS SOUNDS PERFECT  
FOR MY CAREER**

**I'M READY TO REGISTER**



# NOT QUITE WHAT YOU'RE LOOKING FOR?

Other students found the following programmes relevant to their career goals:

PERSONAL  
TRAINER



GROUP  
EXERCISE  
INSTRUCTOR

## CONTACT US:

Complete an online enquiry form

CLICK HERE

HIGHER  
CERTIFICATE IN  
FITNESS