



group exercise  
instructor:  
resistance, HIIT &  
bootcamp

LEARN MORE



# about this programme



15 Credits

Start your fitness career on a strong foundation. This in-depth certification will give you the knowledge and skills to design and teach various training methods to suit the individual or groups.

You will learn to use music as an effective instructional and motivational tool during a choreographed resistance-based programme and High Intensity Interval (HIIT) bootcamp session.



15 Credits, NQF Level 4



3 months



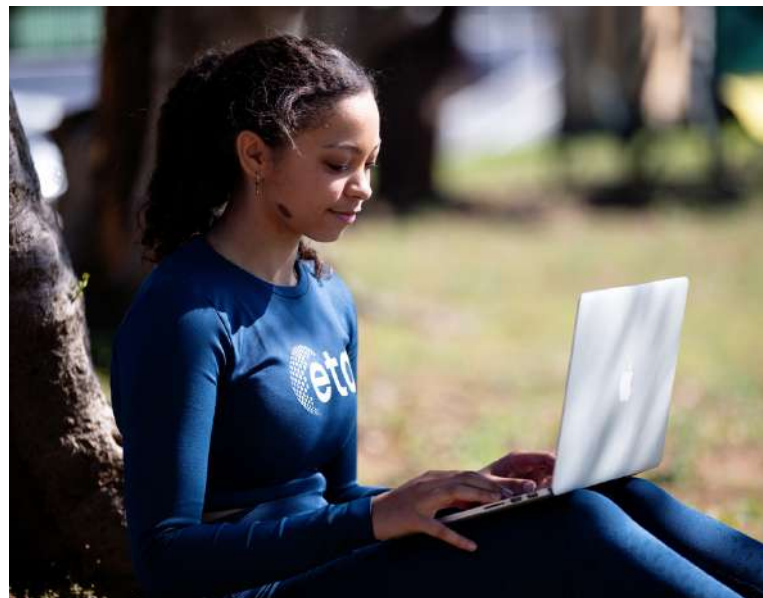
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Assessment is both theory and practical



There are no admission criteria to the programme.



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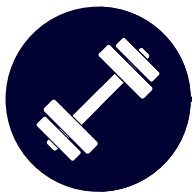
# how will this qualification help differentiate you?



Learn how to design, choreograph and present group sessions within a fitness facility.



You want to learn how to create a vibrant high-energy atmosphere that includes a variety of exercises into a fun and challenging exercise programme.



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.
- Design and instruct High Intensity and Resistance Based programmes 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 TO MUSIC: RESISTANCE-BASED TRAINING AND HIIT**



# 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.

Fitness Instructor

## PROFESSIONAL DESIGNATION WITH REPSSA:

Group Exercise Instructor



READ MORE ON REPSSA



## Who will hire you?

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:

DIPLOMA IN  
SPORT AND  
EXERCISE



HIGHER  
CERTIFICATE  
IN  
FITNESS



HIGHER  
CERTIFICATE  
IN  
COACHING



## CONTACT US:

Complete an online enquiry form

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