



boxing instructor

LEARN MORE



SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

about this programme



This short course has been designed to equip personal trainers and other fitness professionals with the knowledge and skills to incorporate boxing into their service offering.

It is intended for continued professional development (CPD) for qualified fitness and sport coaching professionals.



1 Day Practical
8 Week Learning Activities
& Assessment
(with Access to Master Trainer)

*You can query, ask advice, check techniques via phone calls, emails & videos anytime while you are on the course



12 CPD points
(Fitness Professionals only)



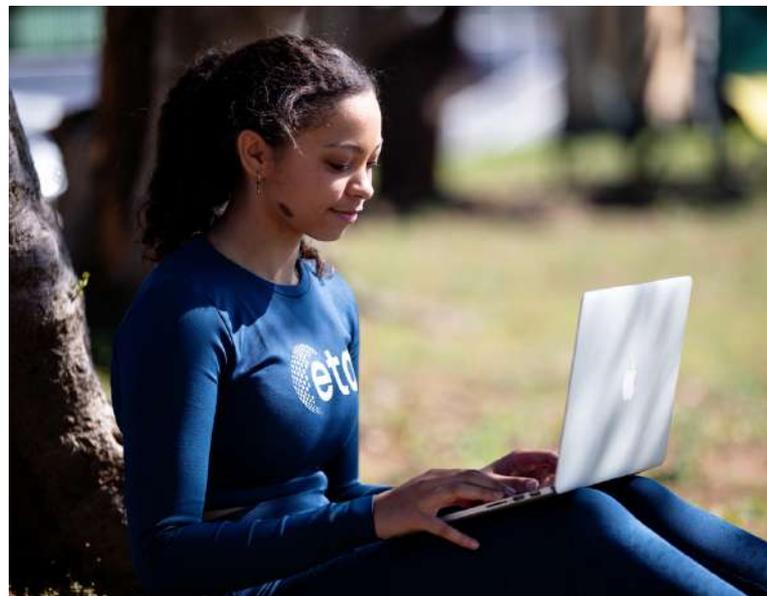
R3 000



Assessment is both theory and practical



Applicants should have a valid NQF level 4 fitness qualification.



BUY NOW



how will this qualification help differentiate yourself?



You are passionate about fitness and currently work in the fitness industry. You love learning about new methods of training.



You want a portable fitness solution to train clients in any setting.

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

- Apply fundamentals of Boxing
- Demonstrate how to wrap the hands
- Implement a boxing warm up
- Design a suitable exercise programme
- Use the punch and defensive drills
- Use focus pads
- Design Combinations

what career can i go into once i am qualified

The short course allows you to expand on your knowledge as a fitness professional.

- Boxing Instructor
- Adds specific skills to your current work environment



READ MORE ON REPSSA



WHO WILL HIRE ME?

- Fitness facilities – large gyms and fitness facilities
- Home clients wanting assistance in their fitness goals
- Self employment – as a business owner and entrepreneur

**THIS SOUNDS PERFECT
FOR MY CAREER**

BUY NOW



NOT QUITE WHAT YOU'RE LOOKING FOR?

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

SUSPENSION
TRAINING



KETTLEBELL
TRAINING



OLYMPIC
LIFTING



CONTACT US:

Complete an online enquiry form

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