



# speed and agility for sport

LEARN MORE



SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

# about this programme



This short course delves into the science behind Speed & Agility training. You will learn drills and training methods that can be used independently or integrated into current training programmes to improve speed, change of direction and reaction time and, ultimately, enhance overall sport performance. 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)



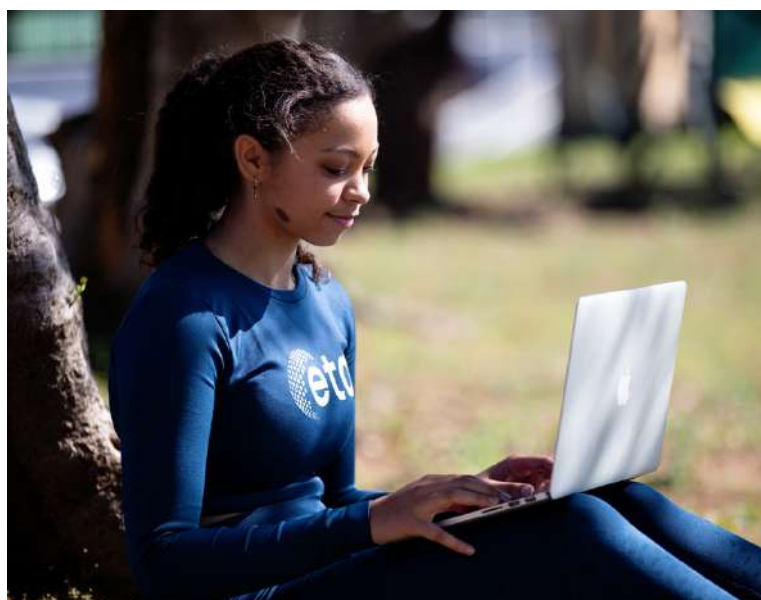
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Assessment is both theory and practical



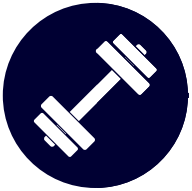
Applicants should have a valid NQF level 4 fitness qualification.



**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 the fundamentals of speed, agility and quickness (SAQ) training.
- Understand the training needed for each aspect.
- Use components of speed and power.
- Design programmes for speed, agility and quickness.
- Demonstrate athletic testing.

# what career can i go into once i am qualified

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

- Speed and Agility Coach
- 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:

DIPLOMA IN  
SPORT &  
EXERCISE



HIGHER  
CERTIFICATE  
IN  
FITNESS



HIGHER  
CERTIFICATE  
IN  
COACHING



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