



fitness instructor

LEARN MORE



SCHOOL OF SPORT AND EXERCISE
Enter the ever changing world of fitness

about this programme



28 Credits

A Fitness Instructor is an exercise professional/fitness practitioner responsible for orientating members' into an exercise setting; 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



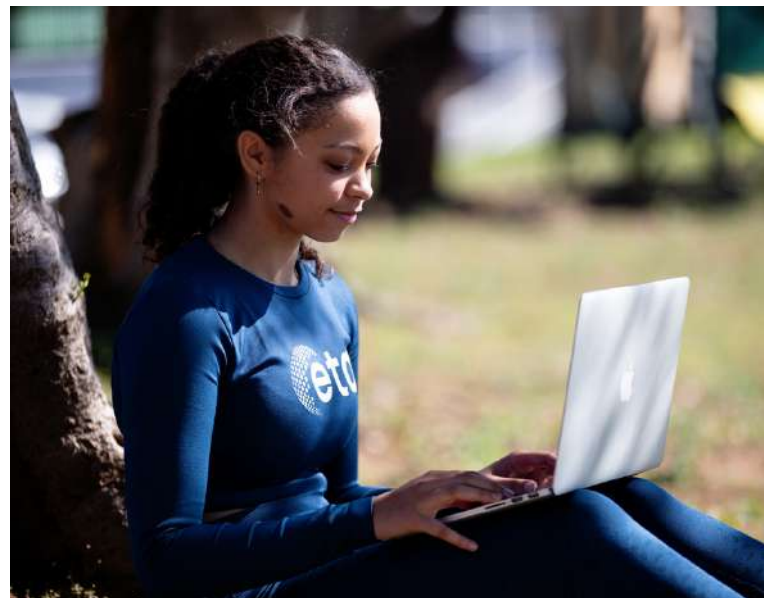
R8 500



Assessment is both theory and practical



There are no admission criteria to the programme.



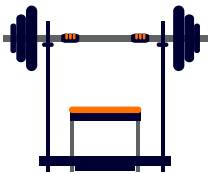
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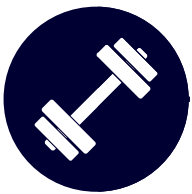
how will this qualification help differentiate yourself?



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 i go into once i am 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