



**group exercise  
instructor:  
resistance, HITT &  
bootcamp**

**LEARN MORE**

**SCHOOL OF SPORT AND EXERCISE**

Enter the ever changing world of fitness

# about this programme



15 Credits

Whether it's on a beach in Bali or a mat at home – Yoga has become a way of life rather than just an exercise routine.

This certification course will give you the knowledge and skills to lead and instruct Vinyasa Flow Yoga classes for individuals and groups. It will delve into the philosophy and lifestyle of Yoga, giving you a holistic approach to back the teaching methods and exercises taught.



15 Credits, NQF Level 4



3 months



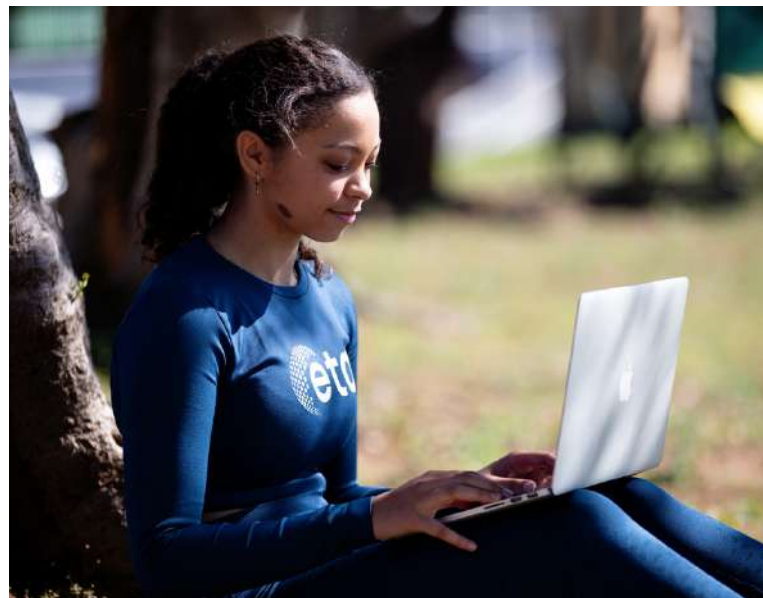
R6 000



Assessment is both theory and practical



There are no admission criteria to the programme.



[REGISTER NOW](#)



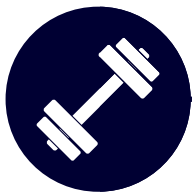
# how will this qualification help differentiate yourself?



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 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.

Fitness Instructor

## PROFESSIONAL DESIGNATION WITH REPSSA:

Group Exercise 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:

DIPLOMA IN  
SPORT &  
EXERCISE



HIGHER  
CERTIFICATE  
IN  
FITNESS



HIGHER  
CERTIFICATE  
IN  
COACHING



## CONTACT US:

Complete an online enquiry form

[CLICK HERE](#)

