



# certified kettlebell coach

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SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

# about this programme



This short course has been designed for personal trainers and fitness instructors to create challenging strength and fat-burning sessions for their clients with the use of Kettlebells. You will learn functional and high-intensity movements and exercises that can be incorporated into traditional weight training and cardio programmes. It is intended for continued professional development (CPD) for qualified fitness and sport coaching professionals.



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)



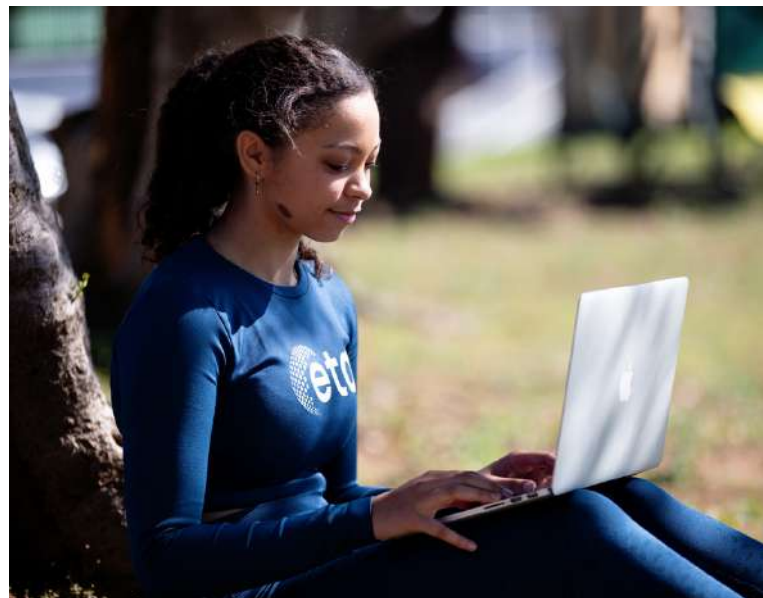
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Assessment is both theory and practical



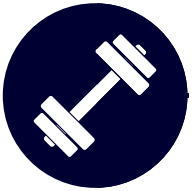
Applicants should have a valid NQF level 4 fitness qualification.



**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:**

- Demonstrate knowledge of the history and science of Kettlebell training.
- Demonstrate knowledge of the different types of Kettlebells.
- Apply the different Kettlebell training methodologies.
- Implement various Kettlebell exercises.
- Demonstrate knowledge of the different muscles used in Kettlebell training.
- Demonstrate knowledge of correct teaching methods.

# what career can i go into once i am qualified

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

- Kettlebell 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:

SUSPENSION  
TRAINER  
SPECIALIST



MOVEMENT &  
MOBILITY  
SPECIALIST

**CONTACT US:**

Complete an online enquiry form

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CERTIFIED  
BOXING  
INSTRUCTOR