



eta

# group exercise instructor: indoor cycling

LEARN MORE

SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

# about this programme



15 Credits

Indoor Cycling, also known as Spinning, is one of the most popular options for fitness enthusiasts; with upbeat music, and a high cardio workout in a controlled environment makes this a forerunner for convenience and benefits. Not to mention also having the right instructor.

This short course gives you the theory and practical experience to lead and instruct indoor cycling sessions with confidence and the right training methods.



15 Credits, NQF Level 4



3 months



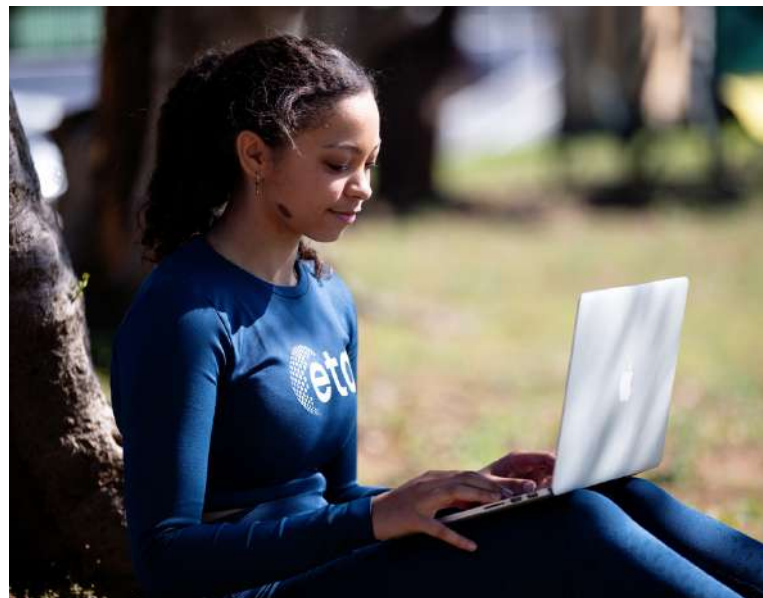
R6 000



Assessment is both theory and practical



There are no admission criteria to the programme.



[REGISTER NOW](#)



# how will this qualification help differentiate yourself?



You would like to learn how to design various cycling profiles used to simulate terrains and situations in actual bicycle rides.



You want to learn how to deliver vibrant indoor cycling classes that will keep your clients coming back for more.



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.
- Instruct indoor cycling classes to music.

# 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: INDOOR CYCLING**



# 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:

GROUP EXERCISE INSTRUCTOR:  
AEROBICS,  
STEP & TONE



GROUP EXERCISE INSTRUCTOR:  
PILATES



FITNESS INSTRUCTOR



## CONTACT US:

Complete an online enquiry form

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