



speed, agility & quickness

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

about this programme

REPSSA
Endorsed

12 CPD
points

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.



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)



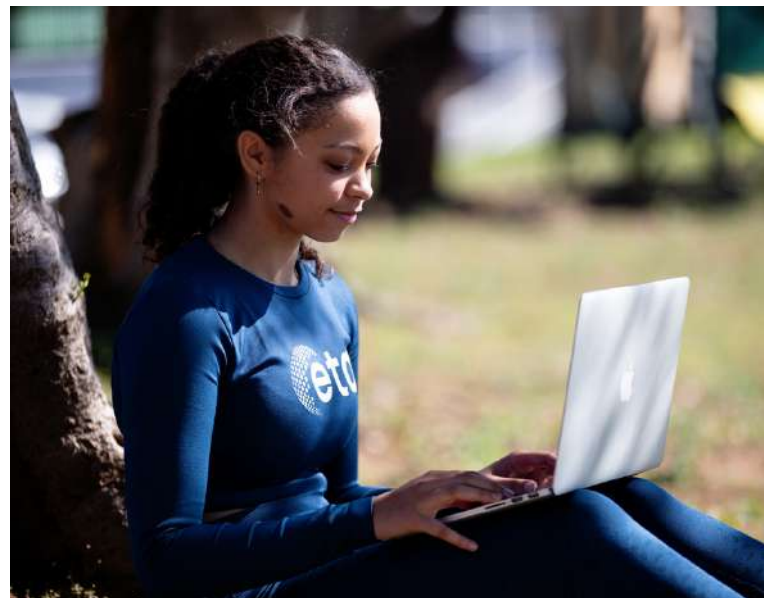
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Assessment is both theory and practical



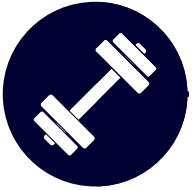
Applicants should have a valid NQF level 4 fitness qualification.



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:

SUSPENSION
TRAINER
SPECIALIST



MOVEMENT &
MOBILITY
SPECIALIST



CERTIFIED
KETTLEBELL
COACH



CONTACT US:

Complete an online enquiry form

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