



# suspension trainer specialist

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eta



SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

# about this programme



Learn the fundamentals of Suspension Training and how to incorporate them into your personal training practice.

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)



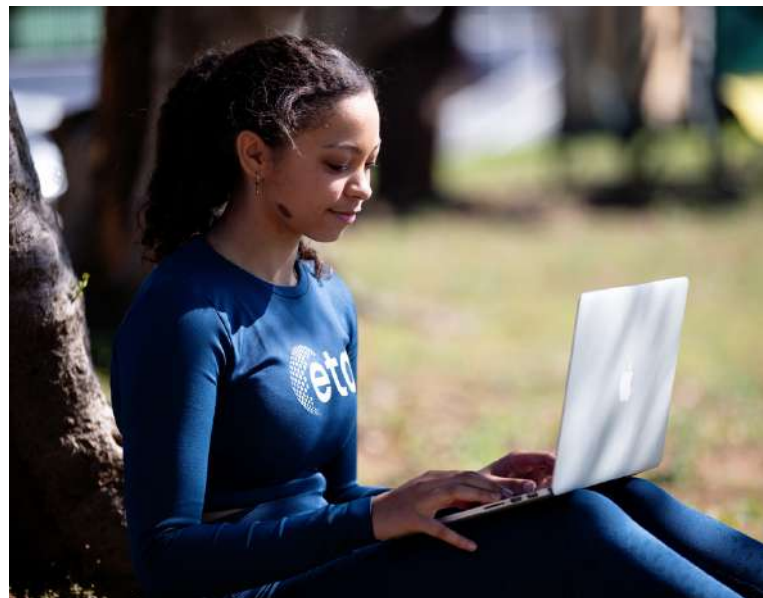
R3 000



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:**

- Ensure the correct execution of exercises and how to incorporate suspension training into your clients' programmes.
- Apply progression and regression principles to suspension training.
- Correct common faults.
- Set up and use various suspension training equipment.

# what career can i go into once i am qualified

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

- Suspension Training Coach
- Adds specific skills to your current work environment



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## 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:

SPEED,  
AGILITY &  
QUICKNESS



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COACH

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