



suspension trainer specialist

LEARN MORE

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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)



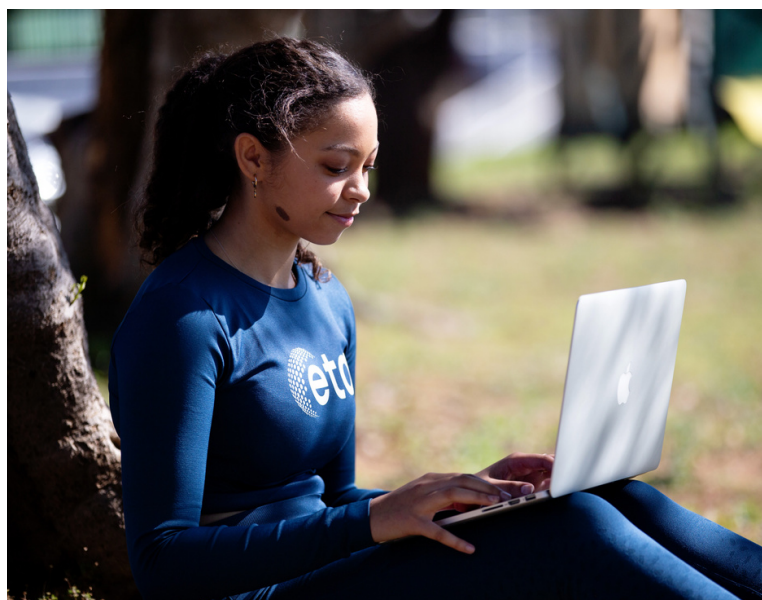
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Assessment is both theory and practical



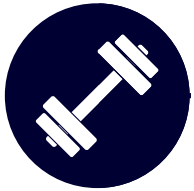
Applicants should have a valid NQF level 4 fitness qualification.



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:

- 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



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:

SPEED,
AGILITY &
QUICKNESS



CERTIFIED
KETTLEBELL
COACH



CERTIFIED
WEIGHTLIFTING
INSTRUCTOR



CONTACT US:

Complete an online enquiry form

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