



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)



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:

- 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

CLICK HERE



CERTIFIED
BOXING
INSTRUCTOR

