



Group Exercise Instructor: Aerobics, Step and Tone

LEARN MORE

SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

about this programme

Have you got rhythm and style? You can enhance this by signing up for this short course, designed to equip you with in-depth knowledge about various training methods. This course will give you the skills to adapt teaching methods and styles to suit the individual or group.

You will learn to use music as an effective instructional and motivational tool during aerobic sessions or classes, by interpreting the structure, timing, rhythm, tempo and style of the music used.



3 months



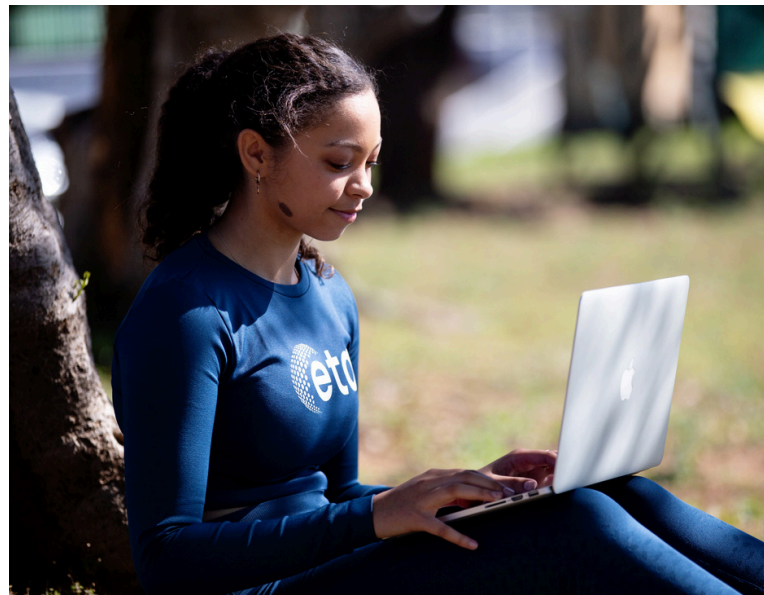
R5 500



Assessment is both theory and practical



There are no admission criteria to the programme.



REGISTER NOW



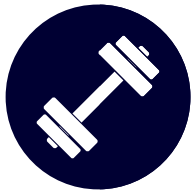
how will this qualification help differentiate yourself?



Learn how to design, choreograph and present group sessions within a fitness facility.



You want to learn how to create a vibrant high-energy atmosphere that includes a variety of exercises into a fun and challenging exercise programme.



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.
- Exercise to Music: Aerobics, Step and Tone (EXCY).

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: RESISTANCE-BASED TRAINING AND HIIT

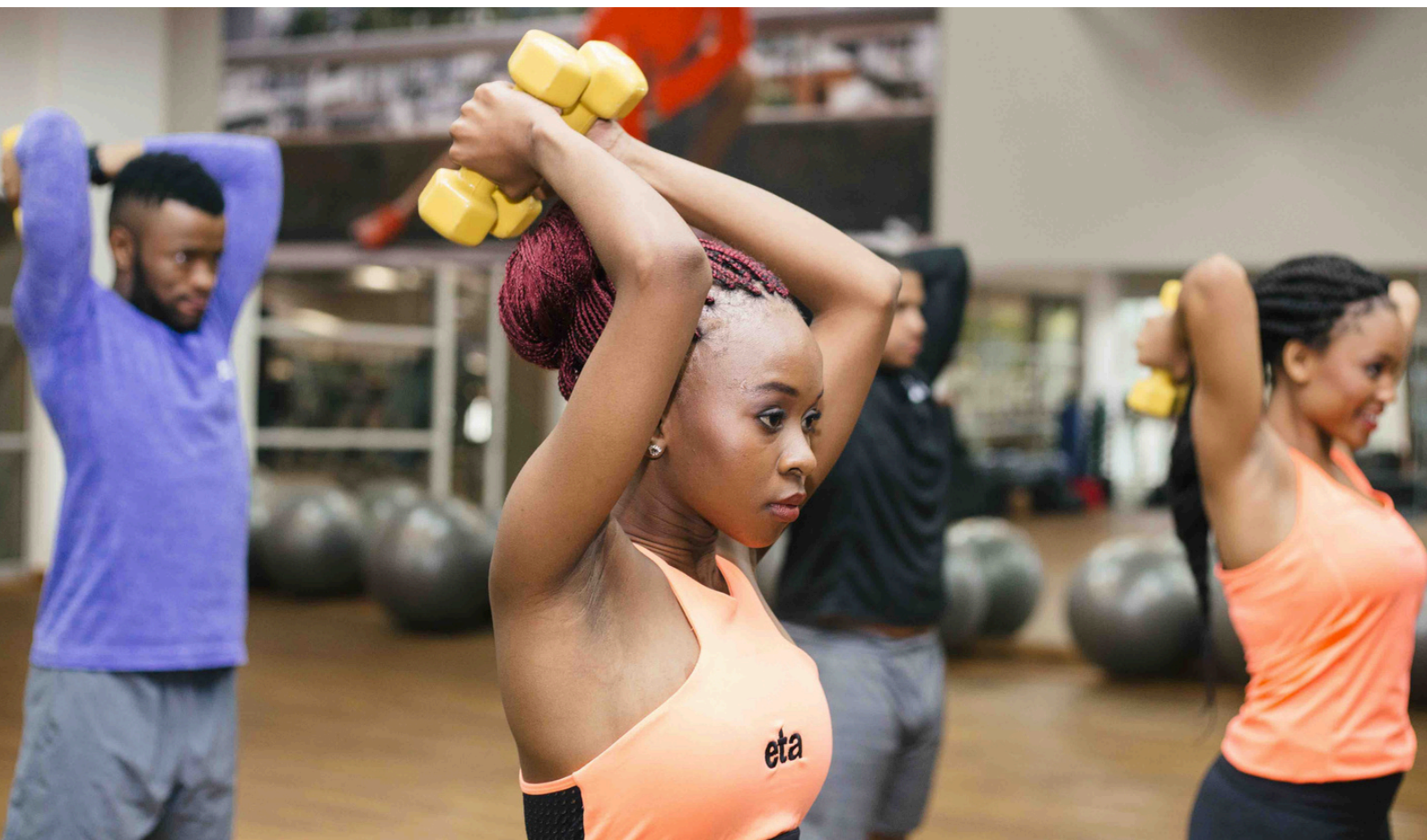


what career can i go into once i am qualified

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.

COURSE 1: Anatomy and physiology for Exercise Instructors.

COURSE 2: Exercise to Music: Aerobics, Step and Tone (EXCY).



**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:
INDOOR
CYCLING



GROUP EXERCISE
INSTRUCTOR:
PILATES



FITNESS
INSTRUCTOR



CONTACT US:

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