



Group Exercise Instructor: Pilates Mat

LEARN MORE

SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

about this programme

Pilates has become increasingly popular over the past few years, and is a great discipline to master as a sports practitioner or coach.

This certification course will give you the knowledge and leadership skills to plan and instruct safe and effective Pilates Mat exercise classes. You will be able to utilise your knowledge of various training methods and adapt your teaching methods and styles to the requirements of the individual or group.



3 months



R5 500



Assessment is both theory and practical



There are no admission criteria to the programme.



REGISTER NOW



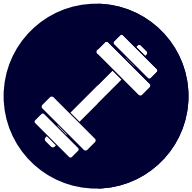
how will this qualification help differentiate yourself?



You would like to instruct Pilates Mat classes at a beginner level within a gym or studio environment.



Improve your versatility and expertise as an existing trainer.



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:

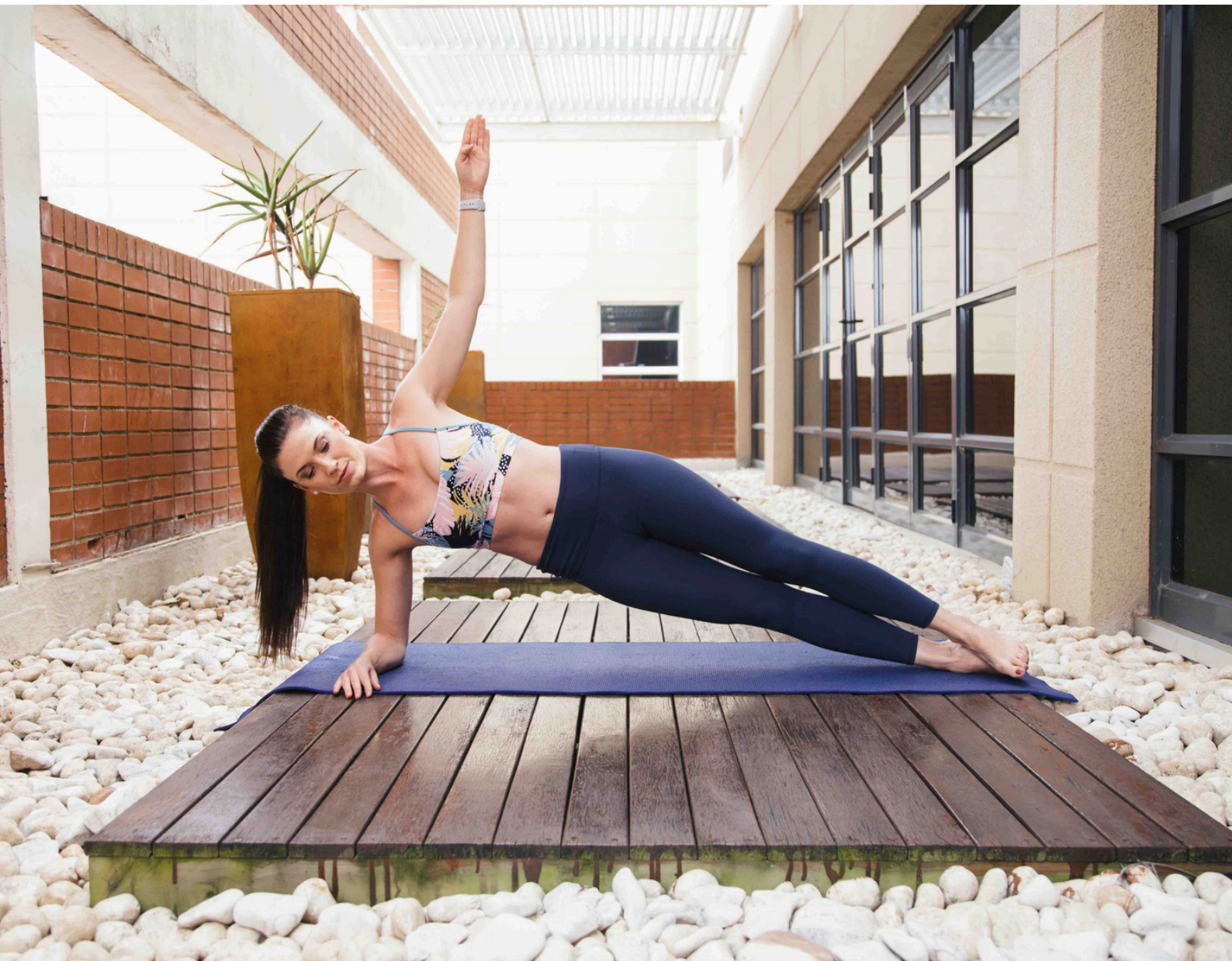
- Apply knowledge of anatomy and physiology to exercise training.
- Instruct pilates mat classes.

what will you learn on this programme?

See the Courses included in this programme:

COURSE 1: ANATOMY AND PHYSIOLOGY FOR EXERCISE INSTRUCTORS

COURSE 2: LEAD AND INSTRUCT EXERCISE (PILATES MAT)



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.

Fitness Instructor

PROFESSIONAL DESIGNATION WITH REPSSA:

Group Exercise Instructor



READ MORE ON REPSSA



WHO WILL HIRE ME?

Fitness facilities – large gyms and fitness facilities as a group exercise instructor.

**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:

RESISTANCE,
HIIT &
BOOTCAMP



GROUP
EXERCISE
INSTRUCTOR



PERSONAL
TRAINER



CONTACT US:

Complete an online enquiry form

CLICK HERE

