



eta

Group Exercise Instructor: Resistance, HITT & Bootcamp

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



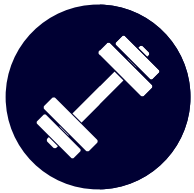
how will this qualification help differentiate yourself?



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.
- Design and instruct High Intensity and Resistance Based programmes to individuals and groups.

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.

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:

DIPLOMA IN
SPORT &
EXERCISE



GROUP
EXERCISE
INSTRUCTOR



PERSONAL
TRAINER



CONTACT US:

Complete an online enquiry form

CLICK HERE

