



FITNESS INSTRUCTOR

NQF 4 | SAQA | 28 CREDITS | CATHSSETA | REPSSA

COURSE DURATION: 6 MONTHS

ONLINE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

entry requirements

A grade 11 or NQF3 equivalent is required to do this course

course overview

If you're looking for a fast-track into a career in fitness, or a bridging qualification into more [advanced personal training](#) certifications, the Fitness Instructor Course is for you. This course will equip you with all the skills necessary to meet the duties of a fitness instructor, including assisting clients with proper technique and use of gym equipment as well as advising on generic exercise programmes.

campuses/study modes

ONLINE

Study anytime. Anywhere

course resources

- Online course with online assignment submission
- Orientation guide
- E-manuals online
- Additional online resources videos
- Online Tutor support

accreditation

- 28 credits
- SAQA Registered
- NQF Level 4
- Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of ICREPS (International Confederation of Registers for Exercise Professionals)

subjects & modules

FITNESS INSTRUCTOR MODULES

- 1 Anatomy, Physiology and Exercise Training
- 2 Health Screening, Exercise and Programme Recommendations
- 3 Supervising the Use of a Fitness Facility and Equipment
- 4 Resistance Training Techniques
- 5 Workplace Logbook

learning outcomes

Successful learners will be able to:

- Work as a fitness instructor in commercial gyms and private studios
- Use this as a bridging course to see if a career in health and fitness is for you, or to give you an NQF 4

learning pathways

- Personal Trainer
- Advanced Personal Trainer Diploma
- Higher Certificate in Exercise Science

description of modes of delivery

ONLINE

Study fully online and at your convenience

Access to our professional practical videos & resources

Access to an online tutor that assists you for the duration of your course

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010