

## GROUP EXERCISE INSTRUCTOR

JOHANNESBURG | CAPE TOWN | DURBAN | PORT ELIZABETH | NELSPRUIT | POTCHEFSTROOM



## GROUP EXERCISE INSTRUCTOR

NQF 4 | SAQA | 15 CREDITS | CATHSSETA | REPSSA

**COURSE DURATION: 3 MONTHS**

STUDY MODE OFFERED: CONTACT COURSE

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

## entry requirements

A grade 10 or NQF3 equivalent is required to do this course

## course overview

This qualification is an NQF4 qualification aimed at the learner who wants to pursue a career in the health and fitness industry as a fitness instructor, in the context of exercise to music. It is often referred to as Aerobics. Group Exercise Instructor is designed to provide you with the knowledge, understanding and skills to plan and instruct group classes. It is a practical, fun and versatile course that will allow you to give group fitness classes in a high-energy atmosphere. It covers the fundamentals of group fitness instruction including exercise and dance moves, music selection, choreography and teaching methods.

### campuses/study modes

CONTACT COURSE	Johannesburg, Cape Town, Durban, PE, Nelspruit, Potchefstroom
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### course resources

- A study (orientation) guide, logbook and assessments (online)
- Hard Copy Manuals
- Contact workshops
- Practical exams
- Tutor support

## accreditation

- 15 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

### GROUP EXERCISE INSTRUCTOR - ANATOMY & PHYSIOLOGY MODULE

- |   |   |
|---|---|
| 1 Homeostasis   | 12 Principles Of Exercise, Fitness & Health |
| 2 Anatomical Terms                                    | 13 Principles Of Training                   |
| 3 Organ Systems                                       | 14 Cardiovascular Fitness                   |
| 4 Skeletal System                                     | 15 Muscular Strength & Endurance            |
| 5 The Muscular System                                 | 16 Warm-Up & Stretching                     |
| 6 The Cardiovascular & Circulatory System             | 17 Motor Fitness                            |
| 7 The Respiratory System                              | 18 Safety 112                               |
| 8 The Nervous System                                  | 19 Communication                            |
| 9 The Endocrine System                                | 20 Customer Service                         |
| 10 Energy Systems                                     | 21 Introduction To Nutrition                |
| 11 Adaptations To Physiological Systems With Exercise | 22 Role Players In The Fitness Industry     |

### GROUP EXERCISE INSTRUCTOR OVERVIEW

- Assist fitness participants to successfully implement an exercise programme to music
- Lead participants safely and effectively through a structured choreographed exercise
- Demonstrate the verbal and nonverbal communication skills required to teach exercise
- Demonstrate the ability to utilise various communication and teaching methods
- Present themselves in a professional and confident manner whilst leading an exercise
- Utilise audio equipment with care consideration of the equipment

### GROUP EXERCISE INSTRUCTOR MODULE

- |   |                                     |
|---|-------------------------------------|
| 1 Health, Exercise & Aerobics                 | 6 Steps to Choreography             |
| 2 Professionalism, Communication & Motivation | 7 Construction of the Routine       |
| 3 Teaching a class                            | 8 Introduction to Step Aerobics     |
| 4 Music Selection                             | 9 Introduction To Body Conditioning |
| 5 Structuring Choreography (using reduction)  |                                     |

## learning outcomes

Successful learners will be able to:

- Provide group exercise classes in a studio or gym environment or in your private capacity
- Lay the foundation to specialise further in other group classes
- Learn functional and high-intensity movements and exercises that can be incorporated into traditional weight training and cardio programmes
- Gain insight into HIIT Training
- Gain insight into practical skill on HiIT training exercise techniques using a variety of practical gym equipment
- Learn how to structure a variety of exercises into a fun and challenging exercise programme
- Explain and demonstrate the progressive exercises to learn the clean & jerk / snatch exercises
- Incorporate functional training exercises into your current service offering for normal clients or athletes
- Open your own functional training gym
- Incorporate bootcamp classes into your current service offering

## learning pathways

- HiiT Instructor
- Bootcamp Instructor
- HiiT Programming & Fundamentals

## description of modes of delivery

### CONTACT COURSE

We offer the largest selection of Continuing Education and Specialisation programmes to the SA Fitness industry. Our wide range of courses will assist you to expand your expertise, earn your CPD points and broaden your scope of services. All of our contact courses conveniently take place on weekends or in the evenings. Our course tutors are of the highest calibre, and our facilities are state of the art.

## contact details

Enquiries: [info@hfpa.co.za](mailto:info@hfpa.co.za)

Accounts: [accounts@hfpa.co.za](mailto:accounts@hfpa.co.za)

National Contact Centre: 0861 777 010