

HIIT INSTRUCTOR

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



HIIT INSTRUCTOR

20 REPSSA ENDORSED CPD POINTS | REPSSA

COURSE DURATION: 3 WEEKENDS

CONTACT COURSE

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

entry requirements

If you hold a fitness qualification or exercise science qualification you will:

Receive a certificate of achievement | Be able to use this qualification to train clients

If you do not hold a fitness qualification or exercise science qualification you will:

Receive a certificate of attendance | Not be able to use this qualification to train clients

course overview

This course will teach you all the principles of HiiT training and equip you with the skills to incorporate HiiT training into your current service offering or offer HiiT training boot camp classes. HiiT Training is a popular way of training athletes, as it emphasises the body's natural ability to move.

Learn how to incorporate the following into a HiiT routine:

- Bodyweight exercises
- Medicine ball
- Bosu ball
- Weightlifting
- Sandbag
- Motion stick
- Kettlebells
- Battleropes
- Suspension Training
- Trampolines
- Gliding Disks
- Resistance Tubing
- Gun-eX
- ViPR Loaded Movement Training

Gain insight on how to structure a variety of HiiT Training programmes, using all of the above, including: Tabata routines, hard, harder, hardest routines, Little method, Fartlek method and MITT method. The routines will empower the instructor to create fun, interactive, group training sessions which will keep your clients on their toes and wanting more.

This course is also offered as part of our [Group Exercise Package](#). Visit the course page to find out more.

This course is completed via contact workshops and completing a practical exam (programme design and programme delivery)

campuses/study modes

CONTACT COURSE

Johannesburg, Cape Town, Durban, PE, Nelspruit, Potchefstroom

course resources

- Contact workshops
- Hard copy manual
- Practical exam
- Tutor support

subjects & modules

HIIT INSTRUCTOR MODULE

- 1 Introduction
- 2 Benefits of HIIT Training
- 3 HIIT Training Principles
- 4 Exercise Equipment
- 5 Power Circuit Training
- 6 Methods to manage training intensity and overload
- 7 Guidelines for preparing for the workout sessions
- 8 Designing your HIIT workout session
- 9 Communication Skills
- 10 Practical Summative assessment marking rubric
- 11 Reference

accreditation

- 20 REPSSA endorsed CPD points
- HFPA Certificate of Achievement/Attendance

learning outcomes

Successful learners will be able to:

- Incorporate functional training exercises into your current service offering for normal clients or athletes
- Open your own functional training gym

learning pathways

- Pilates Mat Instructor
- Kids's Development Specialist
- Posture Specialist

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 short courses conveniently take place on weekends. Our short course tutors are of the highest calibre, and our facilities are state of the art.

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010