



POSTURE CORRECTION SPECIALIST

20 REPSSA ENDORSED CPD POINTS | REPSSA

COURSE DURATION: 6 MONTHS

ONLINE

[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

Posture refers to the way in which body parts are arranged in relation to each other. Good posture is key to allowing the human body to function optimally, while bad posture can lead to serious pain and discomfort. This course allows you to perform functional analyses and administer safe exercise to prevent injury.

You will learn:

- Which muscles causes specific postural abnormalities.
- Common postural alignments that exist.
- How muscle imbalances can lead to joint instability and

injuries.

- How to perform an in-depth Step-by-Step Postural Analysis.
- Not only being able to perform a Postural Analysis but what to do with the information afterwards.
- How to specifically identify overactive and underactive muscles.
- Which exercises and stretches to perform for specific muscles.
- Administering and analysing Functional Tests to further identify muscle imbalances.

campuses/study modes

ONLINE

Study anytime, anywhere

course resources

- HFGPA Online Learning Platform
- E-manual and online assessments
- 3 x Assessments (Knowledge Questionnaires)
- 1 x Practical Exam
- 1 x Case Study
- Additional online resources videos
- Online Tutor support

accreditation

- 20 REPSSA endorsed CPD points
- HFGPA Certificate of Achievement/Completion

subjects & modules

POSTURE CORRECTION SPECIALIST MODULE

- 1 Introduction
- 2 Know your scope of practice
- 3 The skeletal system
- 4 Anatomical terminology
- 5 The muscular system
- 6 Muscle balance: opposing muscle
- 7 Standard posture
- 8 Four types of faulty postural alignments
- 9 Factors affecting posture
- 10 Posture analysis
- 11 Functional tests
- 12 Program design
- 13 Special considerations
- 14 Conclusion

learning outcomes

Successful learners will be able to:

- Develop a niche skill in the fitness industry that has applications to a wide audience
- Enhance your reputation as a posture specialist

learning pathways

- Kids Development Specialist
- Injury Prevention Specialist
- Strength Training the Older Adult

description of modes of delivery

ONLINE PROGRAMME

- Students study online using the HFPA Online Learning Platform
- Students are assigned to an Online Tutor who will assist for the duration of the course

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010