



STUDY MODE OFFERED: 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

There are many definitions of yoga. At a physical level, the functions of various organs, muscles and nerves need to be harmonised, so they do not cause any conflict amongst each other in the body. Disharmony within the body can cause insufficiency often resulting in illness. From the above, yoga can be defined as a physical harmony, health and mental balance of peace. Yoga offers your body superb health and mental stability. All athletes have different needs compared to that of a general yoga practitioner. Gwen Lawrence's book Teaching Power Yoga for Sports, focuses on balance within the athletes body, optimising performance and the importance of injury prevention. You will ultimately learn how to take athletes to the next level through:

- Functional strength moves

- How to improve flexibility and ROM
- Mental toughness
- Focusing

The outcome of this course is to educate Power Yoga for Sports teachers to design yoga programmes that can be used alongside their athletes current training regime, in order to assist athletes reach peak performance. This course is completed using the HFPA Online Learning Platform. The course material includes a downloadable Human Kinetics textbook (e-book), tutorials, a study guide and assessments. If you would prefer a hard copy textbooks, they are available upon request (additional courier charges will apply). Please request your hard copy upon registration.

campuses/study modes

ONLINE

Study anytime, anywhere

course resources

- HFPA Online Learning Platform
- E-manual
- Online assessments
- Additional online resources videos
- Online Tutor support

accreditation

- 5 REPSSA endorsed CPD points
- HFPA Certificate of Achievement

learning outcomes

Successful learners will be able to:

- Work with athletes to help them enhance their performance

learning pathways

- Pilates Mat instructor
- Group Exercise Instructor
- Developing Endurance

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