

Personal Trainer

Short Course

* **Admission Requirements:**
Proof of previous studies

 **Duration: 6 Months**

 **20 CPD Points**

 **Endorsed by: REPSSA;**

 **Online**

Personal Trainer

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Overview

The Personal Trainer course is your shortest route to becoming a personal trainer and qualifies you to work internationally.

Personal Trainer is a comprehensive qualification in personal training and includes fitness principles, injury prevention and programme design to help your clients safely and effectively reach their fitness goals.

Learning Outcomes

Successful learners will be able to:

- ▶ Demonstrate knowledge of the fitness environment and the context in which physical activity takes place.
- ▶ Conduct and interpret pre-participation screening for physical activity readiness.
- ▶ Assess, evaluate and monitor health related fitness components.
- ▶ Feedback and refer as it relates to physical activity.
- ▶ Design, demonstrate and lead exercise programmes.
- ▶ Implement, monitor and modify exercise programmes.
- ▶ Motivate and support fitness participants in making activity related and wellness decisions.
- ▶ Demonstrate entrepreneurial, administration and business skills.
- ▶ Project and conduct oneself in a professional manner.

Job Opportunities

- ▶ **Personal Trainers in gyms, clubs and for private clients**
- ▶ **Bodybuilding Coach**
- ▶ **Exercise Physiologist**
- ▶ **Fitness Consultant**

Endorsed by

REPSSA; iCREPS

* Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of iCREPS (International Confederation of Registers for Exercise Professionals)



Curriculum

- ▶ Anatomy & Physiology
- ▶ Assessment and Programming
- ▶ Exercise Psychology
- ▶ Entrepreneurship
- ▶ Safety and Risk Management
- ▶ Nutrition and Weight Management
- ▶ Practical Manual
- ▶ Practical Training & Experiential Learning

What we offer:

-  **National accredited certification**
-  **Flexible study options**
-  **Practical learning**
-  **Highly qualified and skilled lecturers**
-  **Job opportunity alerts on the HFPA Graduates group**
-  **Payment terms**

Other Continuing professional development (CPD) Courses:

- ▶ Pre- and post Natal Instructor
- ▶ Posture Correction Specialist
- ▶ Injury Prevention Specialist

Bundles:

-  **Personal Trainer & Injury Prevention Specialist**
-  **Personal Trainer & Sport Strapping**
-  **Personal Trainer & Sport Massage**
-  **Personal Trainer & Sport Nutrition**
-  **Personal Trainer & Weight Management Coach**

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