



Group Training Specialist

Short Course



Duration: 3 Months



40 REPSSA endorsed CPD points



Admission requirements:

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



Registered: REPSSA



Modes of delivery: Contact



Some course content

- ▶ Homeostasis
- ▶ Anatomical Terms
- ▶ Anatomical Systems
- ▶ Adaptations To Physiological Systems With Exercise
- ▶ Principles Of Exercise, Fitness & Health
- ▶ Cardiovascular Fitness
- ▶ Muscular Strength & Endurance
- ▶ Warm-Up & Stretching
- ▶ Motor Fitness
- ▶ Safety 112
- ▶ Introduction To Nutrition
- ▶ Role Players In The Fitness Industry
- ▶ 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
- ▶ Present themselves in a professional and confident manner whilst leading an exercise
- ▶ Health, Exercise & Aerobics
- ▶ Professionalism, Communication & Motivation
- ▶ Music Selection
- ▶ Structuring Choreography (using reduction)
- ▶ Construction of the Routine



Some 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
- ▶ Gain insight into HIIT Training
- ▶ Learn how to structure a variety of exercises into a fun and challenging exercise programme
- ▶ 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



Other courses you might be interested in

- ▶ **Pilates Mat Instructor**
- ▶ **Development of Speed**
- ▶ **HIIT fundamentals and Programming**