National Occupational Certificate:

Fitness Instructor



- **Admission Requirements: NQF 3 qualification**
- **Duration: 12 Months**
- **SAQA ID: 118689**
- **NQF 4**
- **180 Credits**
- **Accredited: QCTO**
- **Full Time, Part Time**

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National Occupational Certificate: Fitness Instructor (NQF 4)

 # SAQA ID: 118689 **180 Credits**



Overview

The purpose of the National Occupational Certificate: Fitness Instructor is to prepare students to function as Fitness Instructors in the sport and fitness industry. It is designed to equip students with the theoretical knowledge, practical skills and attributes necessary to become dynamic and qualified fitness instructors. Our comprehensive programme is tailored to prepare students to function effectively in the sport and fitness industry, by empowering them:

- **To design and implement personalised physical activity programmes for individuals and groups**
- **To conduct health-related fitness assessments; and**
- **To coordinate and instruct exercise sessions/classes**

This occupational qualification provides a formalization for a growing entrepreneurial career opportunity in the fitness and exercise industry and includes the following two part qualifications:

- **Occupational Certificate: Individual Fitness Instructor (SAQA ID118690)**
- **Occupational Certificate: Group Fitness Instructor (SAQA ID118691)**

Occupational Qualification Outline

- **Knowledge Modules**
  - **Presented in class (contact learning full time on campus)**
  - **Self-paced online (online learning platform)**
- **Practical Skills Modules**
  - **Presented on campus (contact learning full time on campus)**
  - **Presented on campus (in workshop format, twice per semester in block format, on Saturday mornings)**
- **Work Experience Modules**
  - **Conducted at a facility approved by QCTO & Wellness Revolution Training Academy**



Job Opportunities

- **Fitness Instructor in a large wellness and fitness facility**
- **Personal Trainer onboard luxury cruise liners**
- **Personal Trainer**
- **Group Fitness Instructor**

National Accreditation
QCTO

* Acceptance and compliance in South Africa as a Fitness Instructor required by industry

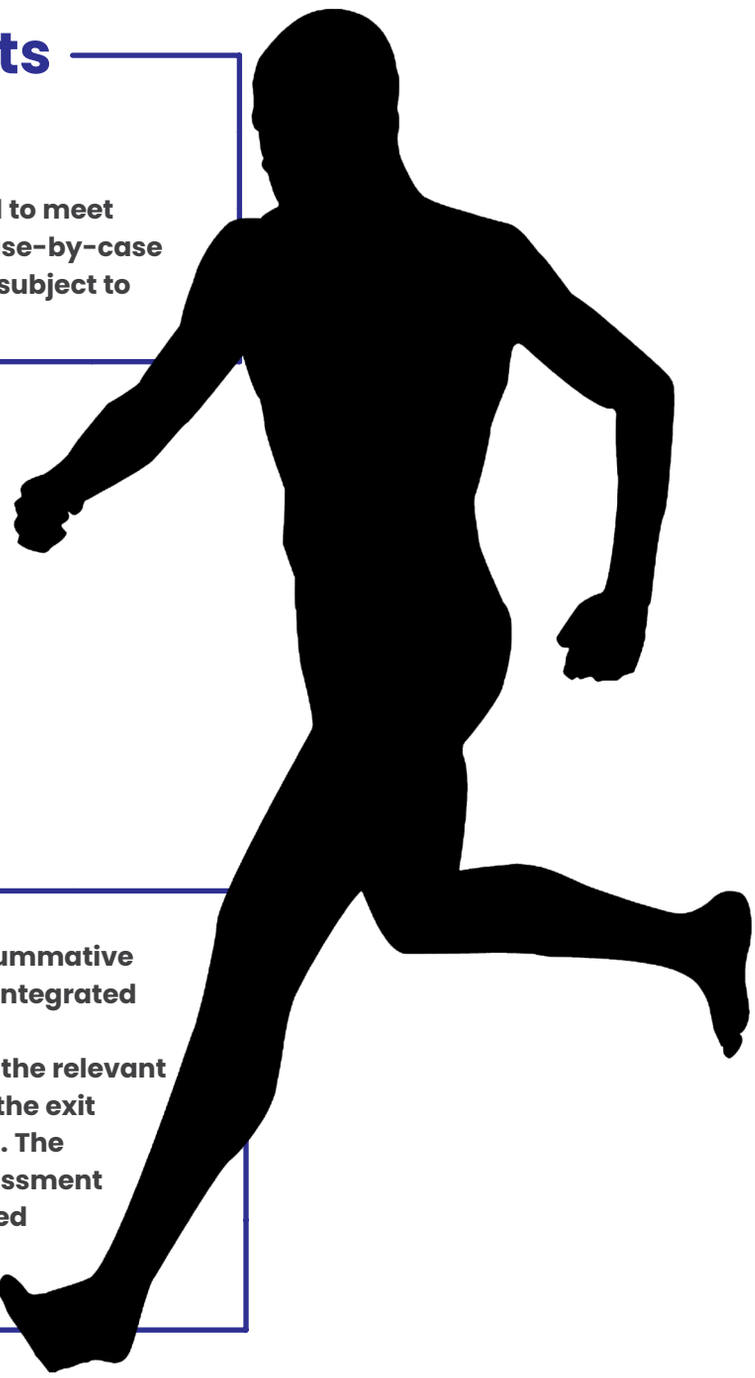
International Accreditation
ITEC

* ITEC provides leading international qualifications, specialising in Beauty & Spa Therapy, Hairdressing, Complementary Therapies, Sports & Fitness Training and Customer Service with centres worldwide.uctor

Admission Requirements

NQF 3 qualification

Note: You can apply for special admission, but need to meet specific requirements that will be discussed on a case-by-case basis with the academic department. Admission is subject to specific conditions being met.



Curriculum

- Anatomy, physiology and bio-mechanics
- Workplace fundamentals
- Information technology
- Fundamentals of entrepreneurship
- Fitness programme design
- Instruction delivery
- Fitness facilities and equipment

Assessments

Integrated formative assessment - the formative summative assessment will provide entrance into the External Integrated Summative Assessment (EISA).
Integrated summative assessment - conducted by the relevant QCTO Assessment Quality Partner and focusing on the exit level outcomes and associated assessment criteria. The assessment will be conducted through written assessment and the evaluation of practical tasks at decentralized approved assessment sites by a panel of assessors evaluated by assessor(s) registered with the AQP.

What we offer:

- National accredited certification
- Practical learning
- Payment terms
- Flexible study options
- Highly qualified and skilled lecturers

SHORT COURSES

- Pilates
- Cardio Box
- Aqua Aerobics
- Yoga
- Step Aerobics
- Body Conditioning & Toning
- Kettlebell
- Indoor Cycling





- Cardio Ball
- BOSU
- Slide Board
- Rebounder
- Barbell Power Pump



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