



Course Outline

CO: Fitness Instructor

Duration: 12 Months



SDP210525180103

SDP100326050733





Programme Title

Occupational Certificate:
Fitness Instructor

SAQA ID

118689

NQF Level

4

Minimum Credits

180

Entry Requirements

Grade 11



It's All Possible





COURSE OVERVIEW

The purpose of this qualification is to prepare a learner to function as a Fitness Instructor. Fitness Instructors design and implement a physical activity programme for individuals and teams as well as screen, assess and monitor health related fitness programmes. Typical graduate attributes include among others leadership, discipline, compassion, and dedication.

COURSE OUTCOMES

- Test and assess individual/group for fitness programmes.
- Design and plan fitness programmes
- Coordinate and instruct exercise sessions/classes.

It's All Possible



MODULES

Knowledge Modules

Module ID	Title
KM-01	Workplace Fundamentals
KM-02	Information Technology for Fitness Instructors
KM-03	Fundamentals of Entrepreneurship
KM-04	Anatomy, Physiology and Biomechanics
KM-05	Fitness Programme Design
KM-06	Instruction Delivery
KM-07	Fitness Facilities and Equipments

It's All Possible



MODULES

Practical Skill Modules

Module ID	Title
PM-01	Conduct Variety of Health Assessments and Tests for Individuals and Groups Programme Fitness
PM-02	Design and Plan Fitness Programmes Based on Client Needs and Goals
PM-03	Monitor and Modify Plans to Client Needs
PM-04	Lead and Instruct Exercises Programmes for Individuals
PM-05	Lead and Instruct Exercises Programmes for Groups



MODULES

3. Work Experience Modules

Module ID	Title
WM-01	Conduct Individual Fitness Assessment Procedures
WM-02	Conduct Individual Fitness Testing procedures
WM-03	Procedures for Planning Exercise Programme
WM-04	Procedures for Instructing Individual and Groups



It's All Possible

