



# Streamline Your Path to Higher Education

**FET Short Course**  
Fitness Instructor



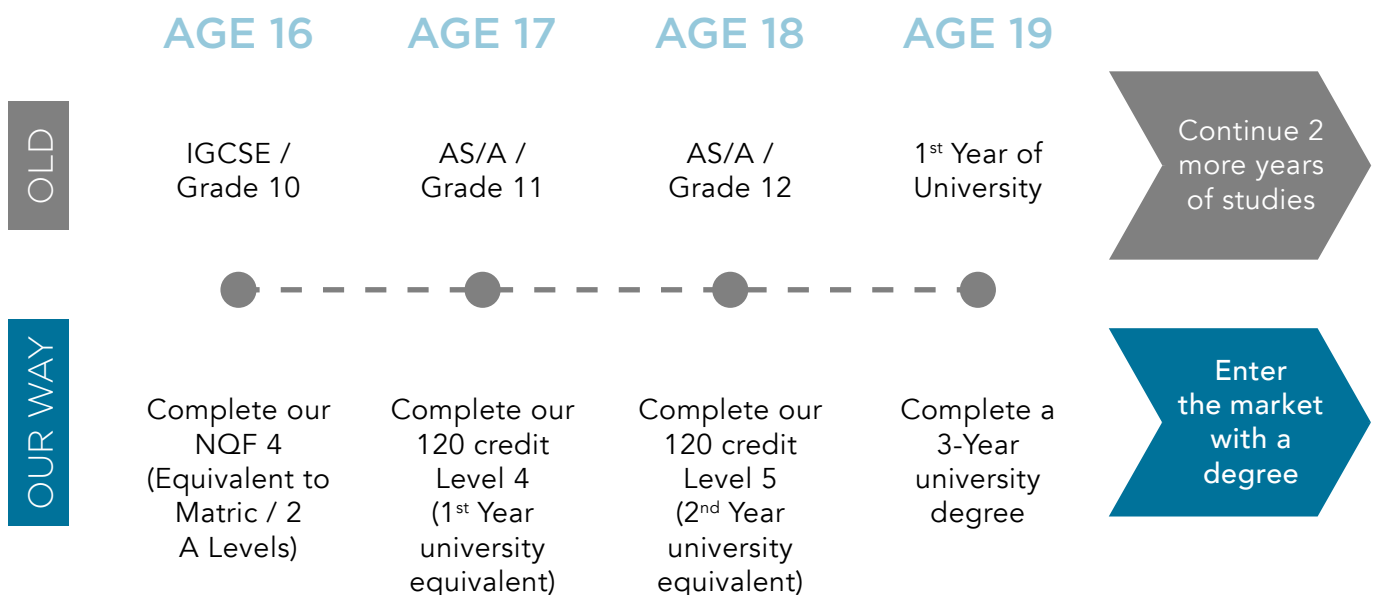
# ABOUT THIS COURSE

28 Credits

SAQA ID 4/0085

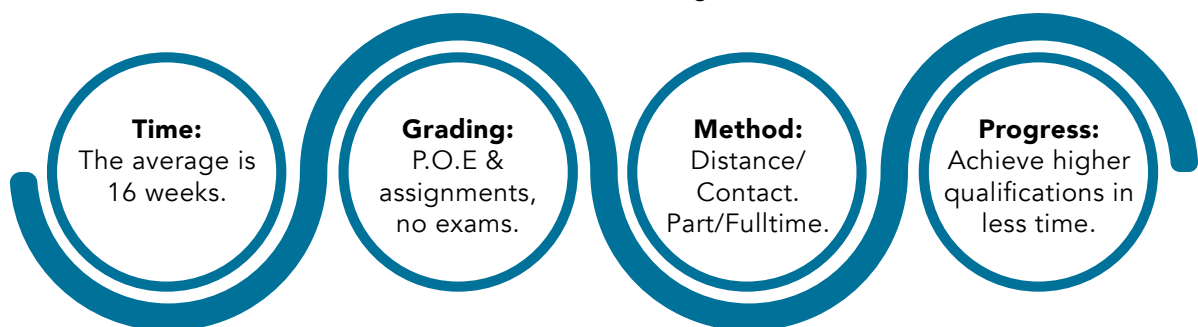
## THE POWER OF PROGRESSION

The aim is to help you achieve internationally-recognized qualifications in a shorter period of time. Credits earned through these qualifications can be used in applications for further study.



## COURSE SUMMARY

The **Fitness Instructor** course provides a smooth transition for students who wish to venture into the fitness industry. Furthermore, it serves as a useful foundation to pursue more advanced personal training certifications in future studies. The Fitness Instructor course combines online and face-to-face learning methods, allowing students to receive well-rounded guidance and resources.



# QUALIFICATION EQUIVALENCE

The **Fitness Instructor** course serves as an entry point for students interested in pursuing a career in the sports and fitness industry. It can also be used as a starting point for further studies in sports, fitness, and wellness. By completing the Fitness Instructor course, students will be eligible to enrol in Higher Certificate options.

# PROGRAMME ACCREDITATION

This Fitness Instructor qualification is fully accredited by the **Culture, Arts, Tourism, Hospitality and Sport Sector Education and Training Authority (CATHSSETA)**. CATHSSETA is one of the 21 SETAs established under the Skills Development Act (No. 97 of 1998) in 2001.

This learning programme has been designed to achieve Further Education and Training Certificate: Sport Administration, registered on the Higher Education Qualifications Sub-Framework at Level 4, **South African Qualifications Authority (SAQA)** ID 67697.

# ADMISSIONS REQUIREMENTS

Our goal is to make the qualification **accessible to all** who meet the required standards by removing barriers and promoting equal opportunities. Students should have completed Grade 11, Cambridge IGCSEs or an equivalent.

Students whose first language is not English may need to submit an English proficiency test.

# TECHNICAL REQUIREMENTS



Our platform is fully technology-driven, therefore students will need a reliable PC/laptop/tablet or regular access to one.



A stable internet connection with sufficient data to access online resources and participate in programme activities will be provided to in-contact/on-campus candidates.



You will also be provided with a Microsoft (MS) Office 365 account, giving you access to the full MS suite along with numerous resources that will assist you in completing tasks and assignments.

# PROGRAMME DELIVERY

This programme can be delivered through either a distance-learning approach or contact learning, either part-time or full-time, each of which offers the support of a dedicated tutor.

# WHY CHOOSE THIS COURSE?

1. Support and guidance from dedicated tutors and mentors
2. Face-to-face daily instructional sessions
3. Practical application facilitated and assessed by our dedicated and qualified staff
4. Organised gym sessions with facilitator support
5. On-site practical learning experiences with qualified in-house trainers and coaches
6. Access to Generation Schools' sports facilities
7. Internship opportunities and workplace experience with CV references

# CAREER OPPORTUNITIES

This course will provide students with the knowledge and skills to work as a fitness instructor in a range of fitness facilities, gyms or equipment-based environments. The course provides you with up-to-date and well-researched principles of exercise science along with practical learning which enables students to gain the knowledge and skills to take up work as a fitness instructor.

**With this qualification, students could:**

- Enter the health and fitness industry.
- Be employed at fitness facilities as a floor instructor or group exercise instructor, among others

