



A TRILLION reasons to ...
Make your passion your career



The wellness revolution is widely predicted to be the next **Trillion** dollar industry. For those of you who share our **passion** for wellness, those of you who **desire** a shift from the typical one dimensional office worker life, a **career** in health and wellness may be more appealing and viable than you ever believed. It is estimated that consumers globally are spending as much as one-seventh of their earnings on their own personal fitness and wellbeing each year.

And this amount is **growing!**

This trend has created many new career **opportunities**. Naturally it is important for anyone who has ever wanted to **help** others control their weight, maximize their health, or for anyone wanting to work in today's health and fitness industry to be expertly trained by individuals who are themselves passionate and **dedicated** to this pursuit.

At the Institute of Fitness Professionals, we have an **exhilarating** vision for health, wellness and fitness **education**—true wellness that is far more than skin deep. Our **15** year track record, dedication to meeting each individual student's needs and passion for personalized service cement our reputation as **leaders** in this field. Contact us today and we'll help you become part of the **revolution**.

Be truly "**WEALTHY**" – follow your Passion



WHY CHOOSE



The Institute of Fitness Professionals has earned a reputation as a provider of the highest quality fitness education, from certifications to continued professional development, which ensures that our graduates are competent and professional in their approach to fitness training and their role in the Wellness industry.

We also offer our students the flexibility to individualize their certification.

The Institute of Fitness Professionals is proud of its ability to attract experienced, well qualified and professional part-time and full-time staff. Our academic staffs are dedicated to uplifting the standard of the industry and are highly motivated to teach information that is current, scientifically sound and relevant.



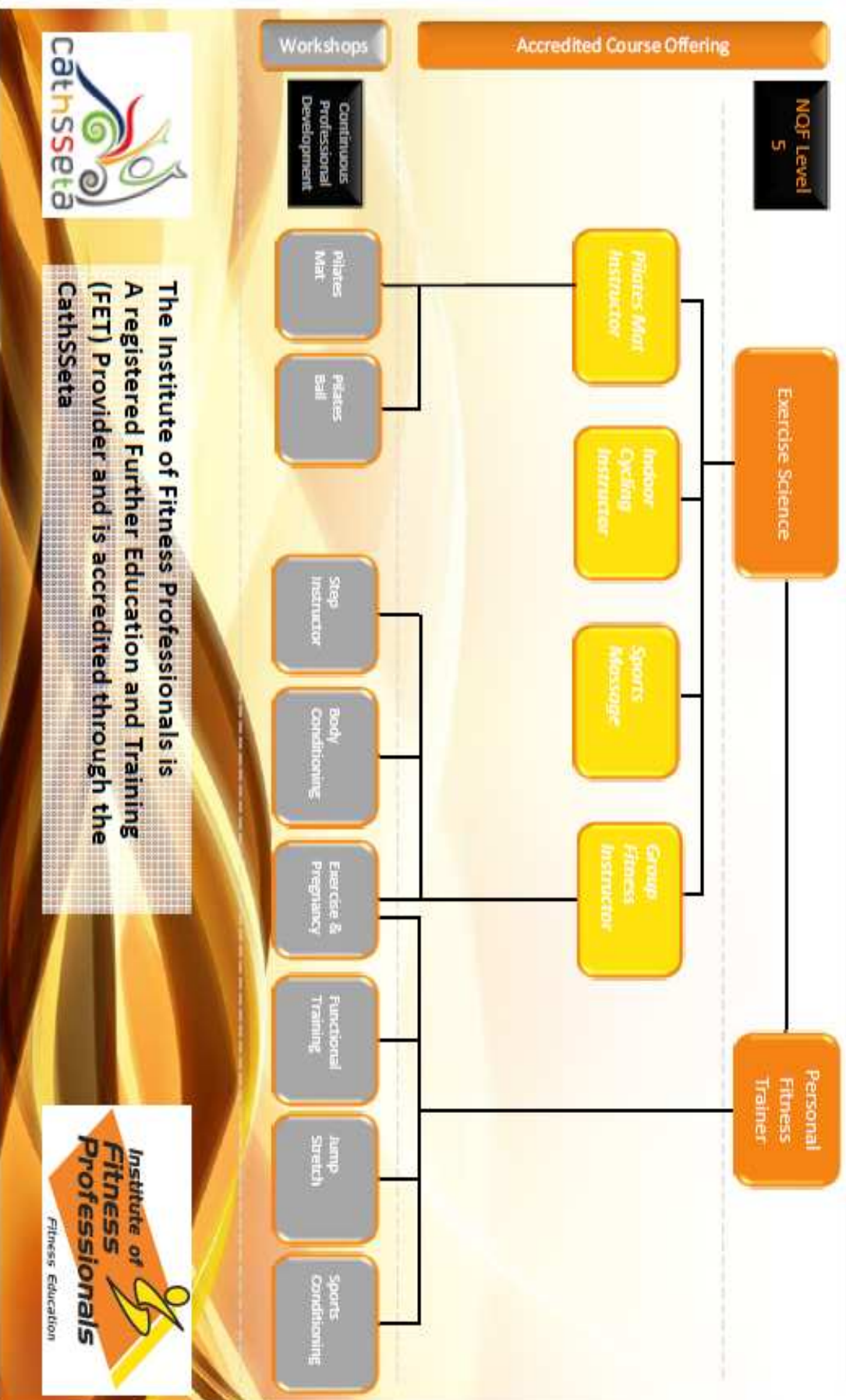
Accreditation

The Institute of Fitness Professionals is accredited locally with CATHSSETA. It is a registered provider with REPSSA (Register of Exercise Professionals South Africa) which controls portability of the qualifications to Australia, New Zealand, The UK, Canada, USA and Europe.



Institute of Fitness Professionals Programme

Summary:



National Certificate in Fitness

About the Course

- Ensure that the fitness practices applied adhere to sound principles drawn from exercise science and safety principles.
- Develop appropriate fitness skills and knowledge base required by broader fitness, sport and recreation industry.
- Enhance the standards of fitness practitioners, thus giving credibility and respect to the whole industry.
- Align fitness education and training to the international fitness community.

QUALIFICATION PURPOSE

A qualifying learner who has achieved this qualification will be able to:

- Design and implement a physical activity programme for apparently healthy individuals, plus screen, assess and monitor health related fitness programmes, without direct supervision.
- Promote and provide safe and effective physical activity participation to meet participant/s fitness requirements. In addition, this qualifying learner will have the knowledge for appropriate referral to other health care providers.
- Further their learning, practice and career within the fitness and/or associated industries and through their own personal growth.

Outcome of Course

On achieving this qualification, the learner will be able to demonstrate the following outcomes as applicable to apparently healthy* individuals:

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

Prior Learning Required

- Matric or equivalent



- It is assumed that a learner wishing to enter a programme leading to this qualification will have NQF Level 4 or the equivalent thereof (National Certificate in Sport, Fitness & Recreation Leader NQF Level 4 is *not* a pre-requisite to this qualification. However, it may share common Unit Standards or Electives with National Certificate in Fitness NQF Level 5)

Course Syllabus

- Concepts of health, fitness and wellness
- Anatomy
- Physiology
- Levers and Biomechanics
- Principles of Training
- Client Screening
- Fitness Assessment
- Exercise programme design
- Cardiovascular Exercise Prescription
- Resistance Training and equipment orientation
- Stretching and Flexibility
- Postural Stabilizers
- Special Populations – Children, the Aged, Arthritis, Cardiac Rehab, HIV, the disabled
- Closed Working Environment
- Exercise Programmes for groups
- Maintain Fitness Environment and Equipment
- Operate Professionally in a Fitness Environment
- Nutrition and Weight Control and Management
- Sports Nutrition
- Sports Injuries
- Communication and Business Skills / entrepreneurship
- Monitor and maintain health, safety and security
- Motivate and encourage participation in physical activity

Assessments

- Formative written assessments and accompanying tasks for each module
- Summative written assessments
- Practical assessments
- Case studies
- Thesis
- Observation and participation hours

Exit Level: NQF Level 5

- Initial career opportunities: Personal fitness Trainer

Exercise Science

About the Course

This is a theoretical course and is essential if you intend to pursue a career in the health and fitness industry.

The module is offered as interactive **live- lectures** or as **self study**.

If you choose to attend the **interactive live lectures**, then this module is offered **four times a year**, the lectures are held early evenings 2-3 times a week and will also include at least one Saturday. The course runs for 5-6 weeks. If you are unable to attend lectures this course is also offered as a **self study module** with assisted self study worksheets. Registration for self- study can be applied for at any time and learners have six months from registration date to successfully complete this module.

Outcome of Course

The learning acquired from this module forms the foundation of knowledge that is a pre-requisite for all courses offered by the Institute of Fitness Professionals. Learners will also have proficient knowledge of human anatomy/ biomechanics/ kinesiology in correlation to exercise.

Prior Learning Required

- Matric or equivalent

Course Syllabus

- Concepts of Health and Fitness
- Anatomy and Muscle Kinesiology
- Physiology
- Principles of Training
- Levers and Biomechanics
- Nutrition
- Weight Control and Management
- Injuries
- Client Screening
- Health and Safety

Exams

- Written Examination
- Pass Mark 60%

Exit Level: NQF Level 4

- Initial career opportunities: Floor Instructor

Personal Fitness Trainer

About the Course

This is both a theoretical and practical module; however 60 percent of this module constitutes the practice of the practical component. The course format comprises of interactive live lectures and/or online material, depending on the subject matter.

The **course** is offered twice a year with lectures held in the evenings, 2-3x a week, during the week for approximately 3 months.

Course Outcome

After successfully completing this theory and practically based module, the learner will be competent and eligible to practice as a Personal Fitness Trainer, designing and developing individual training programs for the general public, special populations, as well as high performance athletes.

Exit Level: NQF Level 5

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health field degree / diploma

Course Syllabus

- Client Screening
- Fitness Assessment
- Results Analysis and Prescriptions Methodology
- Cardiovascular and Resistance Training
- Postural Stabilizers
- Special Populations – Aged, Arthritis, Cardiac Rehab
- CWE – Closed Working Environment
- Stretching and Flexibility
- Sports Nutrition and Sports Injuries
- Communication and Business Skill

Exams

- Written examination • Case Study • Practical examination
- Internship hours •Thesis • Tasks
- Pass Mark 60%

Group Fitness Instructor

About the Course

This is a practically based module. The course format is comprised of live practical movement (aerobic dance) based lectures.

Course Outcome

After successfully completing this practical module, the learner will be eligible to teach high/low aerobic group fitness classes.

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health field degree / diploma

Course Syllabus

- Qualities of an Instructor
- Components of Physical Fitness
- Music
- Structure of an Exercise Class to Music
- Warm Up
- Lo Impact Aerobics
- Hi Impact Aerobics
- Post Aerobics Cool down
- Floor- work and Muscle Endurance
- Stretching and Flexibility
- Communication and Leadership
- Controversial Exercises
- Injury Prevention
- The Workforce and the Instructor

Exams

- Written Examination
- Practical Examination
- Internship hours
- Pass mark 60%

Pilates Mat Instructor

This is both a theoretical and practical course; however 60 percent of this module constitutes the practice of the practical component. The Pilates Mat module preserves the essence of the mind-body system of exercises pioneered by the teaching of J.H. Pilates, enhancing it with more contemporary knowledge of exercise science, functional biomechanics, patterned breathing, pelvic and shoulder girdle stabilization as it relates to individual life skills or postural scenarios.

This module is offered as a **part-time** or as a **one-on-one module**. The **part-time module** is offered twice a year with lectures held early in the evenings during the week and Saturdays for 5-6 weeks. The **one-on-one module** is offered as private tuition and suitable times are to be prearranged.

Course Outcome

After successfully completing this theory and practically based module, the learner will be competent and eligible to conduct both one on one and group training classes as well as design and develop individual training programs for special populations with postural conditions.

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health field degree / diploma

Course Syllabus

- Beginner, Intermediate and Advanced mat exercises
- Breathing, Ribcage and Scapula Placement
- Pelvic Placement
- Head and Cervical Spine Placement
- Postural Analysis
- Mat Workout for Group Fitness Training
- Mat Workout for One-on-one Training

Exams

- Written Examination
- Practical Examination
- Pass mark 60%
- Internship hours

Indoor Cycling Instructor

About the Course

The course is hosted by Cycle Pro Academy and comprises of live practical and theoretical lectures. The majority of the program is rendered on the stationary bike and will involve the physical and anatomical aspects of cycling.

Duration: 3 Days

Course Outcome

After completing this module, the learner will be competent and eligible to teach group fitness spinning classes for the general public as well as assist in fitness training for cyclists.

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health field degree / diploma

Course Syllabus

_Module 1: History of Indoor Cycling and Cycle Pro Academy®

Module 2: Physiology of Cycling

Module 3: Biomechanics of Cycling

Module 4: Pedal Stroke Mechanics and Class Type

Module 5: Methodology of Instruction

- Music/ Class Construction
- Teaching Skills

Exams

- Theory and Practical (3 hours) – Pass Mark 70%.

Sports Massage

About the Course

Sports massage is the application of massage techniques which will enable the athlete to achieve their highest potential by accelerating the body's natural healing process during training sessions. Massage helps to reduce the chances of injury by identifying and eliminating conditions in the muscle tissue that are a potential risk of injury. Regular sports massage may extend the athletes career.

This is a practically based course which introduces the student to theory and application of the Sports massage technique. The course format is comprised of live practical lectures.

Course Outcome

After successfully completing this practical module, the learner will be competent to utilize this massage technique

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health field degree / diploma

Exams

- Practical Examination
- Pass Mark 60%
- Submission of case studies

Step Instructor

About the Course

This is a practically based module. The course format is comprised of live practical lectures. The majority of the program is rendered on the step platform. The course will involve understanding the benefits of step aerobics classes and will enable the learner to utilize the step as an effective cardiovascular and cross training apparatus.

This continued educational course is offered as a **compact** module only and lectures are held over one weekend on a Saturday and Sunday.

Course Outcome

After successfully completing this practical module, the learner will be competent and eligible to teach step group fitness classes.

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health field degree / diploma
- Aerobics Instructor

Course Syllabus

- Physiological Principles
- Body Sculpt on the Step
- Biomechanics of Stepping

- Techniques and Posture
- Teaching Cues and Terminology
- Step Safety and Injury prevention
- Class Design and Choreography

Exams

- Practical Examination
- Pass Mark 60%

Jumpstretch

About the Workshop

Developed by American football coach Dick Hartzell Flex Bands® are being used by professional athletes, major universities, high schools, and fitness centers all around the USA. They are also being used by a number of the South African provincial rugby teams and the Springboks.

Originally designed for athletes, this product is extremely effective for people of all ages and all fitness levels. Anyone who wants to improve athletic performance, get fit, get flexible, or reduce aches and pains can benefit from this program.

There are two modules:

1. The Stretch workshop takes stretching to a new, more effective level and it will equip the fitness professional with a valuable tool that will assist them to improve their clients' flexibility and neuromuscular co-ordination.
2. The Strength course highlights the benefits of and techniques for using Variable Isotonic Resistance as a strength training modality on its own as well as in conjunction with standard strength equipment. This is an essential course for trainers and coaches.

There are both theory and practical components in both of the modules

Outcome

After successfully completing these modules, the learner will be able to use the Flex Bands® and the variable isotonic resistance to greatly improve the workouts they do with their clients/ teams and themselves. In combination with a sound knowledge of biomechanics, this is a fantastic training tool for indoor and outdoor routines

Prior Learning Require

- Level 1 Certification – **Exercise Science** or equivalent allied health field degree / Diploma



Functional Training Workshop

About the Workshop

This workshop will introduce the student to training with the purpose of optimizing daily living. They will learn about the types of exercises that can be utilized as well as gain a theoretical understanding of the basis of functional training. They will be encouraged to design exercise programs based on specific functional requirements and how these can be incorporated into traditional training.

Course Outcome

After completing this module, the learner will be competent and eligible to design functional, periodized training programs for individuals or for small group training

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health field degree / diploma
- Personal Fitness Trainer certification

Exams

- Competency will be assessed during the course.

Exercise & Pregnancy

About the Workshop

This is a theory and practically based module. The course format is comprised of live practical lectures. The course is hosted by Lee Archer who developed the FITMAMA programme for Virgin Active. The module encompasses the physiological and psychological changes during pregnancy and how to train pre and post natal woman.

This continued and educational course is offered as a **compact** module only and lectures are held over one weekend.

Outcome

After completing this practical module, the learner will be competent and eligible to specialize in training and program design for pre and post natal woman both as group classes or individual personal training sessions.

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health filed degree / diploma
- Group Fitness Trainer/ Personal Fitness Trainer certification

Syllabus

- Physiological Adaptations during Pregnancy
- Structure & Design of Pre/post natal Class
- Program Planning
- Common Problems and Related Risks
- Nutrition
- Your resource network: Doctors, Midwives, etc
- Benefits of Music
- Relaxation Techniques
- Stretching

Exams

- Programme design
- 20 observation hours

Scientific Weight-loss

About the Workshop

This is a theory based workshop and the learner will gain a better understanding of the hormonal mechanisms behind weight gain/loss. When hormones are out of balance, the traditional approach to training to lose weight is ineffective.

So what do you do to assist clients with this issue? How do you identify this condition?

This workshop will provide you with the knowledge to meet the challenge affecting an ever increasing number of people

Outcome

After completing this practically based program, the learner will be able to implement the new knowledge in their prescription of exercise for their clients and assist them in the management of their weight

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health field degree / diploma
- Personal Fitness Trainer certificate or industry equivalent

Exams

- No examination is required for this continued educational module.

BOOTCAMP

About the Workshop

Modern day Bootcamp has its origin in the Military. The military-style training is utilized to whip soldiers into shape in no time, and the IFP Bootcamp Course will equip instructors to do just that – whipping clients into shape by using this high pace, energetic and fun method - Bootcamp!

Bootcamp includes cardiovascular, strength, core and plyometric training and this workshop will assist the learner to combine these components into a structured, cutting edge class.

This course covers the indoor and outdoor aspects of bootcamp, different varieties and intensities of classes, bootcamp class-design, different target

markets and marketing strategies for your bootcamps, from sport specific bootcamps to fat-burn bootcamp class concepts.

Outcome

After completing this practically based program, the learner will be competent and eligible to conduct both one on one and group training classes utilizing the techniques and guidelines covered by the course

Prior Learning Required

- Personal trainer or Group instructor certification

Syllabus

- Expectations of a Bootcamp instructor
- Client and target market
- Different types of Bootcamps
- Class structure: warm ups; cardiovascular conditioning; resistance training- progressions/ regressions; stretching.
- Teaching tools
- Safety

Exams

- No examination is required for this continued educational module.



Plyometrics

About the Workshop

This is a practically based module. Plyometrics is the term used to describe specialized, high intensity training techniques that can be used to develop athletic power and speed, and improve coordination and agility. The application of this training modality is often incorrect which results in athletes not achieving the results they need and getting injured.

This workshop will take the learner through the scientific application of this training method as well as various exercises employing these principles.

Outcome

After completing this practically based program, the learner will be competent to utilize these techniques in their training environment.

Prior Learning Required

- Level 1 Certification – **Exercise Science** or equivalent allied health filed degree / diploma
- Personal Fitness Trainer certificate

Exams

- No examination is required for this continued educational module.

Functional Movement Assessment

About the Workshop

This is a practically based module. The course format is comprised of a live practical lecture.

This workshop will be cover tests that can be utilized to build up a profile of your client in terms of:

- Static and dynamic posture
- Functional movement patterns
- Flexibility
- Balance and proprioception
- Muscle strength balance

Outcome

After completing this practically based program, the learner will be able to assess a client across movement patterns that are fundamental to functional movement efficiency. They will be able to utilize this data to accurately prescribe exercise to address areas of weakness and enhance performance.

Prior Learning Required

- **Exercise Science** or equivalent allied health field degree / diploma
- **Personal Fitness trainer certificate**

Syllabus

The workshop will focus on the assessment of the following Functional movement patterns

- Squatting
- Lunging
- Pulling
- Pushing
- Bending (Reach)
- Twisting (Rotation)

Exams

- No examination is required for this continued educational module.

Institute Of Fitness Professionals

Provides education and program support to the following entities:

- SAPS
- ABSA (Wellness Department)
- Sasol
- University of Johannesburg
- Department of Sport and Recreation
- Virgin Active South Africa
- University of Fort Hare

As well as running Technogym Wellness Institute courses and programs on behalf of Technogym South Africa



Institute Of Fitness Professionals

Courses Offered

- Exercise Science
- Personal Fitness Trainer
- Group Fitness Instructor
- Step Instructor
- Pilates Mat

Workshops

- Functional training
- Exercise and Pregnancy
- Scientific weight-loss
- Boot Camp
- Plyometrics
- Functional movement assessment
- Advanced Biomechanical Assessment
- Functional training
- Jump Stretch
- Kinesis©



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