

PILATES MAT ONLINE CERTIFICATION



4 Months



55 Credits



R 8 000.00



Online



NQF Level 5



4 Months Payment Plan



The Gym at the Campus - Bryanston



Internationally Recognized

Modules

Anatomy and Kinesiology

Physiology, & Screening

Fitness Assessments, & Nutrition

Pilates Mat

40 Observation hours

This is a practically based course. The course format is comprised of live practical sessions. The course will involve understanding the benefits of Pilates classes and will enable the learner to utilize Pilates as an effective training modality and cross training tool.

Practical Lessons are presented Online via ZOOM as live lectures. So learners can see each other and engage directly with the lecturer from anywhere!

- SETA accredited Full Qualification (CathsSeta).
- Recognised and registered with REPSSA (Register of Exercise Professionals South Africa).