

FET SHORT COURSE FITNESS INSTRUCTOR FACT SHEET

1. OVERVIEW

The FET short course in Fitness Instructor is a 16 week programme that will provide you with the skills and knowledge to become a fitness instructor. The course also works as an excellent bridging qualification into more advanced personal training certifications for further studies.

The FET Fitness Instructor qualification provides the students with a NQF 4 certificate. It is an access qualification which will grant you entry into the sports and fitness industry.

2. OBJECTIVE

The objectives of this course are to provide participants with:

- Basic knowledge of human anatomy and physiology;
- An understanding of the principles of exercise, fitness and health;
- Practical skills in conducting fitness assessments and exercise classes;
- The ability to develop and implement individualised exercise programmes; and
- Work experience in the fitness industry.

3. ADMISSION REQUIREMENTS

Students must have completed grade 11, the Cambridge International IGCSE or the equivalent school level.

4. DURATION

The programme is designed to be completed in 16 weeks.

5. PROGRAMME MANAGEMENT

1. The support and guidance of 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

6. ASSESSMENT

This programme is assessed through graded assignments, including continuous theory and practical application assessments.