



**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 "**WELLTHY**" – 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, and internationally with CYQ. It is a registered provider with REPSSA. (Register of Exercise Professionals South Africa)



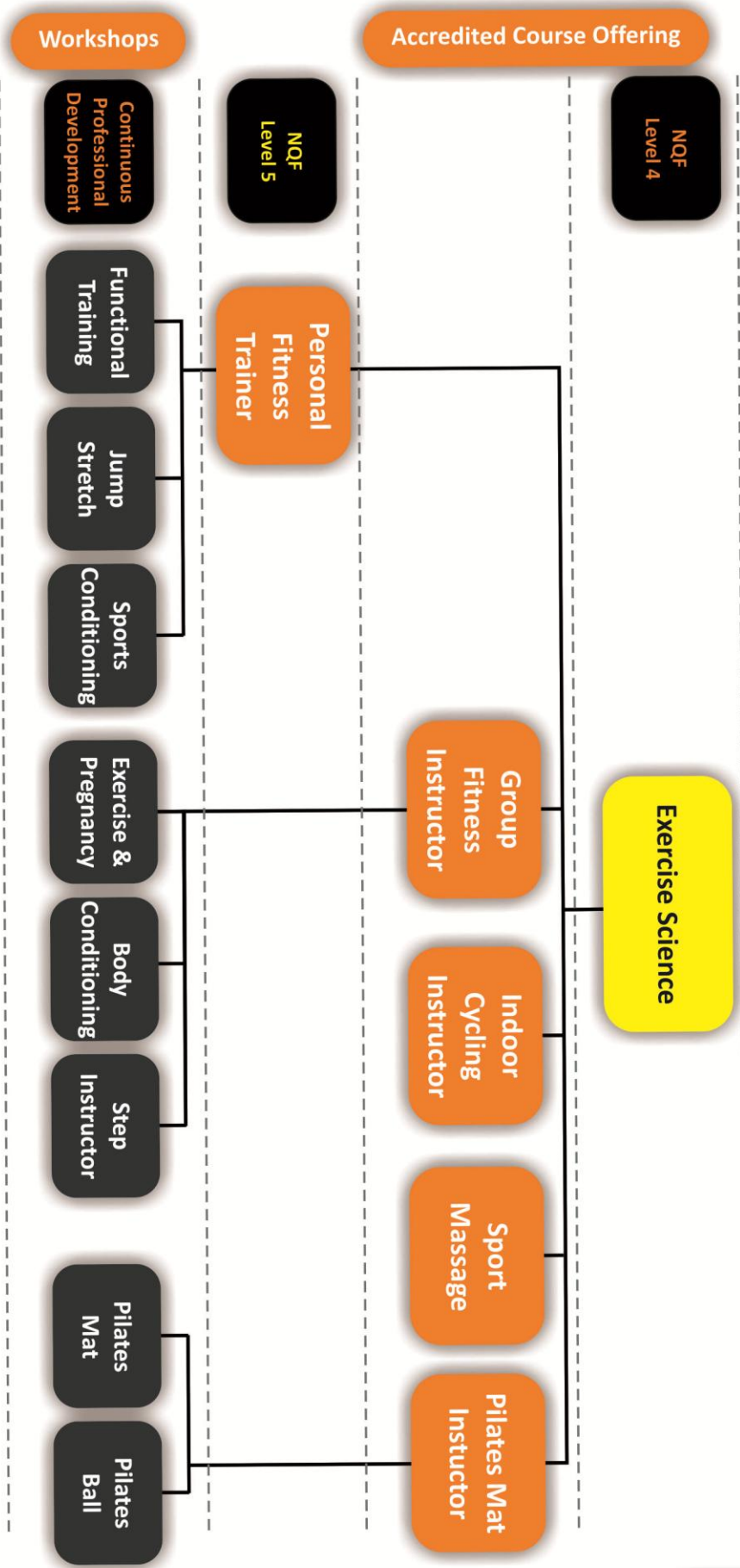
Wellness  
I n s t i t u t e





# Institute of Fitness Professionals Program

## Summary:



# 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

## 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 videotape material, depending on the subject matter.

This module is offered as a **part-time** or as a **compact** module.

The **part-time module** is offered once twice a year with lectures held in the evenings, twice a week, during the week for approximately 3 months.

The **compact module** is offered once a year and lectures are held from during the day

## 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 special populations, general public 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 Tabulation 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
- 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 evening during the week for one week. 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.

This continued educational course is offered as a two day module only



# 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 Tina Otte who is the Editor of Your Pregnancy Magazine and an international child birth and pregnancy educationalist. 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 including Friday evening.

## 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

- No examination is required for this continued educational module but the learner is require to complete worksheets



# ***Complete Athlete Conditioning***

## **About the Workshop**

The **Complete Athletic Conditioning** program is short study course for coaches, teachers, sports students, and fitness professionals working with athletes of varying abilities with the greater goal of performance improvement. Students who want to enroll for this course require a functional knowledge of human movement and anatomy.

## **Outcome**

After successfully completing this module, the learner will be competent to design and develop individual training programs for high performance athletes.

## **Prior Learning Required**

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

## **Syllabus**

- Dynamic warm-up
- Long Term Athletic Development
- Sports periodization
- Development of speed, acceleration and quickness
- Energy system development
- Agility and reaction time development
- Strength and power
- Sports testing
- Restoration, recovery and regeneration

## **Exams**

- Competency will be assessed during the course.



# Pilates Ball

## About the Workshop

This is a practically based module. The course format is comprised of live practical lectures. The module is structured to add another dimension to teaching Pilates, by adding the Swiss/ physio ball to heighten proprioception, rehabilitate motor skills, increase sensory perception as well as intensify your workout.

This continued educational course 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 evenings during the week over 2 days.

The **one-on-one module** is offered as private tuition and suitable times are to be prearranged.

## Outcome

After completing this practically based program, the learner will be competent and eligible to conduct both one on one and group training classes by adding the unique

advantages of the ball 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
- Pilates Mat instructor certificate or industry equivalent

## Syllabus

- Beginner, Intermediate and Advanced BALL exercises

## 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

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**

- Fitness Forum Seminar
- Functional training
- Complete Athlete Conditioning
- Pilates Ball
- Exercise and Pregnancy
- Advanced Biomechanical Assessment
- Functional training
- Jump Stretch

## **Technogym Wellness Institute Workshops**

- Kinesis©
- Cardio
- Strength
- FlexAbility©



## The Institute Of Fitness Professionals Head Office

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**MAKE YOUR PASSION YOUR CAREER.**

