



# Group Training Instructor:

## Course Overview:

Study to qualify as a Group Training Instructor and instruct your classes in various group exercise disciplines. The world of group fitness is dynamic, and the demand for group training is rising, whether in a gym or outdoor setting. Conducting group exercise classes allows you to share your passion and provides a lucrative income stream. Our course teaches you how to lead choreographed exercise classes such as aerobics (high/low), body conditioning, and step, as well as deliver group exercise classes like boot camps and core/abdominal workouts. Upon completion, you'll be equipped to:

- Grasp the fundamentals of anatomy, physiology, and biomechanics as they pertain to group exercise application/description, ensuring a comprehensive understanding of the human body's response to exercise.
- Design and implement physical activity classes (choreographed and unchoreographed) for healthy individuals using various methods, techniques and equipment.
- How to set up group exercise classes to achieve optimal results, using music and the correct sequencing of exercises.
- Champion the cause of safe and effective physical activity participation, ensuring participants' fitness requirements are met with utmost care and precision.

## Course Content:

- **Anatomy:** Understand the human body's structure, function and biomechanics to create safe and effective fitness programs.
- **Exercise Physiology:** Learn the principles of kinesiology and exercise physiology to help guide members in a fitness environment towards their goals.
- **Group Training Instruction & Music:** Develop the practical skills to guide groups through group training classes at various levels (with or without music) and goals with effective communication and mentoring skills.
- **Fundamentals of Nutrition:** Gain insights into guiding nutritional strategies to complement fitness regimens.
- **Health & Safety:** Learn to implement, manage, and conduct health and safety policies and procedures within a fitness or health club environment.

## Practical Training:

This program integrates technology and digital media with traditional instructor-led activities or workshops. The format allows students more flexibility to customise their learning experience. Students complete online theoretical aspects of their studies through our own PIQ - Online Learning Portal and attend workshops addressing the material's theoretical learning and practical application. Not only will you be able to interact with the lecturer, facilitator or mentor, but you will also be able to interact with classmates and colleagues while learning.

## Real-World Experience:

The course offers practical placements in local gyms and fitness centres to bridge the gap between theory and practice. During these placements, students will apply their knowledge in a real-world setting, receive mentorship from experienced group training instructors and build a professional network within the fitness industry.

## Career Opportunities:

Upon completing the course, graduates will be well-prepared to further their studies towards the Physical IQ: Personal Trainer Certificate or National Certificate in Fitness. One of these additional certifications will open the door to starting a career as a Personal Fitness Trainer, etc.

## Enrollment:

Join our Group Training Instructor certification and take the first step towards a fulfilling career in the fitness industry. Whether you aim to work in a gym recreation space or specialise in a niche fitness area, this course provides the foundational skills and knowledge to succeed. Start your journey today and positively impact people's lives through fitness and wellness!

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or connect with us by phone or WhatsApp at (+971 58 215 6247)