Hanze

Course: Fitness instructor A (English taught) credits: 5

Course code	HSVH22KEU02
Name	Fitness instructor A (English taught)
Study year	2026-2027
ECTS credits	5
Language	English
Coordinator	R.M. van Rozen
Modes of delivery	Action learning Practical / Training Tutorial Work placement
Assessments	Fitness A (English taught) - Written, organised by School

Learning outcomes

Learning path-independent learning outcomes that can be implemented at level 2 (main phase level) are:

Sports science:
LILU belonging to Sports professionalism
LILU belonging to designing
LILU belonging to implementation

Content

The student is able to:
- Approach novice and advanced clients in an appropriate way and motivate them to enthusiastically participate in fitness and cardio fitness activities.
- Multiple physical parameters and conditional state can be determined through expert measurement.
- Compile or adapt a "tailor-made" training program to the goals, physical and mental (im) capabilities of the athlete.
- Provide effective instruction in the training room with equipment, individual exercises and cardio fitness equipment.
- Design, organize and supervise specific fitness programs.
- To provide information about adapting lifestyles (exercise/relaxation) and the combination of sensible exercise and sensible eating.
- Performing all obvious activities in the Fitness (computer use, cleaning, etc.).

Exam:
- 1 theory exam (Knowledge anatomy, training science and fitness).
- 1 practical exam (fitness coaching).
Before you can join the practical exam you completed:
- Processing all internship assignments in a portfolio.
- Meeting the required number of internship hours of 40 hours.
- Sufficient assessment of the internship.
When you pass the theory exam and practical exam you get 5 ec and the certificate.

Study load: This course lasts one semester and requires approximately 168 study load hours.

Diploma or recognized certificate:
No; The student follows the training and has completed a trainer/coach training; the student receives a proof of participation from the study programme.

YES; The student is given the opportunity to take an exam at an additional cost via NLactief and thus the official NLactief to receive a certificate.

Cost:
Basic price: € 235,- including exam costs and excluding compulsory material to be purchased
Surcharge for certificate via NLactief: +/- € 140.

Study Material:
Mandatory to purchase:
- Syllabus Fitness Trainer-A
- Powerpoint presentations and assignments provided via Brightspace
- Strength training an anatomical approach – F. Delavier (about € 25,-).

Particularities
- You are only officially registered when you have signed and handed in the form that you receive from the front office. You will receive this

around the period in which the course starts. Registration via Osiris alone is not sufficient.
- The course takes place on Friday afternoon 12.30 – 16.30.
- Take into account the internship of 40 hours.
- Internship external (health center, fitness center)
- Additional costs for resits will be passed on to the student.
- You must bring a heart rate monitor to classes.
- The certificate issued by the training cannot be used for exemptions at an organization such as NL actief

Registration is binding according to protocol Trainer/coach requirements (see Brightspace)

Included in programme(s)

Sport Studies

School(s)

Well-being, Education & Sport

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