



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Organising Sport And Fitness Activities For Groups Training

Culture and Arts / Sport

Unit Standard 116837 · NQF Level 4 · 4 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the knowledge and skills to effectively organise sport and fitness activities for groups. It covers planning, resource management, safety protocols, and participant engagement to ensure successful and inclusive events. Ideal for those responsible for coordinating group-based recreational or fitness programmes.

Category	Culture and Arts
Subfield	Sport
Unit Standard	116837
Accreditation	SAQA Accredited · NQF Level 4 · 4 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Plan and prepare for sport and fitness activities for groups, including identifying objectives, resources, and timelines.
- Apply safety and risk management principles to ensure a safe environment for participants.
- Demonstrate effective communication and leadership techniques to motivate and guide groups.
- Implement activity sessions that cater to diverse participant needs and abilities.
- Evaluate the success of activities using feedback and observation to improve future sessions.
- Manage equipment, facilities, and administrative tasks related to group activities.

WHO SHOULD ATTEND

- This course is designed for fitness instructors, sports coaches, recreation officers, and anyone involved in planning and leading group sport or fitness activities.
- It is suitable for both new and experienced practitioners seeking to formalise their skills.

COURSE OUTLINE

Day 1: Planning and Organising Sport and Fitness Activities for Groups

- Introduction to the unit standard and outcomes
- Principles of group activity planning: goals, safety, inclusivity
- Assessing participant needs, abilities, and group dynamics
- Designing activity sessions: warm-up, main activity, cool-down
- Resource identification: equipment, facilities, personnel
- Risk management and safety considerations
- Communication and facilitation strategies for group engagement
- Evaluation methods: feedback, observation, and improvement planning

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **4 NQF credits** at **NQF Level 4**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	10 Aug 2026	On-Campus	Abu Dhabi, UAE
11 Aug 2026	11 Aug 2026	On-Campus	Durban, South Africa
11 Aug 2026	11 Aug 2026	On-Campus	Mauritius
12 Aug 2026	12 Aug 2026	On-Campus	Cape Town, South Africa
13 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE
14 Aug 2026	14 Aug 2026	On-Campus	Pretoria, South Africa
17 Aug 2026	17 Aug 2026	On-Campus	Durban, South Africa
18 Aug 2026	18 Aug 2026	On-Campus	Shenzhen, China

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 116837) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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