



Accredited Africa Training Institute for Capacity Development

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

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Lead and Conduct Physical Activities Preparation

Services / Hospitality, Tourism, Travel, Gaming and Leisure

Unit Standard 252186 · NQF Level 5 · 4 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the skills and knowledge required to prepare for leading and conducting physical activities in a safe and effective manner. It focuses on planning, risk assessment, and resource management to ensure successful physical activity sessions.

Category	Services
Subfield	Hospitality, Tourism, Travel, Gaming and Leisure
Unit Standard	252186
Accreditation	SAQA Accredited · NQF Level 5 · 4 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply principles of physical activity preparation to design session plans.
- Analyze participant needs and environmental factors to ensure safety and inclusivity.
- Evaluate potential risks and implement appropriate risk management strategies.
- Demonstrate effective communication and leadership techniques during physical activities.
- Implement procedures for monitoring participant progress and adjusting activities as needed.
- Design contingency plans to address unexpected situations during physical activity sessions.

WHO SHOULD ATTEND

- This course is designed for fitness instructors, sports coaches, recreation leaders, and anyone responsible for organizing and leading physical activities in community, educational, or corporate settings.

COURSE OUTLINE

Day 1: Foundations of Physical Activity Preparation

- Introduction to physical activity preparation: definition, benefits, and legal requirements.
- Components of preparation: needs analysis, goal setting, and resource identification.
- Risk assessment and management: identifying hazards, evaluating risks, and implementing controls.
- Warm-up and cool-down techniques: types, duration, and intensity.
- Participant screening: health questionnaires, fitness levels, and contraindications.
- Equipment and facility preparation: inspection, setup, and safety checks.
- Communication strategies: briefing participants, instructions, and emergency procedures.
- Documentation: session plans, attendance records, and incident reporting.

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 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 13,400.00	R 13,400.00
1	In-House	R 17,400.00	R 17,400.00
1	On-Campus (Pretoria)	R 20,200.00	R 20,200.00

UPCOMING SESSIONS

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

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 252186) 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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