

diploma in fitness (sport conditioning)

NQF level 5, 247 credits, 2- year learning programme (full time or correspondence) and part time-accelerated learning

course description

The fitness diploma (sport conditioning) learning programme provides an exciting balance of theory and practice to enable graduates to work as personal trainers and sport conditioning trainers or coaches, working with apparently healthy clients or athletes who want to improve their sport performance. Graduates are able to work in the sport and fitness industry nationally and internationally. The programme ensures that students have sufficient field-based experiential learning to achieve their qualification. If they add other specialisation modules, they can broaden their scope to include Pilates Instructor or Sport Coaching. Through the **eta** process of personalised teaching and exposure to plenty of physical activity and sport, students are able to successfully achieve their assessment criteria. A qualifying student is able to:

- Design, implement and teach physical activity programmes for clients or athletes
- screen, assess and motivate clients
- instruct and teach sport related conditioning programmes
- periodise and plan for sport programmes that include speed, agility, strength and power components
- provide advice on stress management, nutrition and lifestyle management
- demonstrate communication and lifestyle counselling skills
- demonstrate entrepreneurial skills and manage their own business or unit in a fitness facility

specialisations

All graduates qualify as personal trainers. Students can also add on additional skills and choose any of the specialisation modules on offer during their course with **eta**, at an extra cost. These options include aerobic, step and tone classes to music, coaching sport (cricket, football, hockey, netball or rugby, beginner to intermediate level), indoor cycle classes to music (spinning), massage for sport and fitness, nutrition for performance, pilates basic mat, sport psychology, vinyasa yoga. In second year, the course includes exercise programme design for pregnant clients, children and youth as well as older adults and over weight clients. Students can add sport conditioning to this as well and complete this later.

course modules

first year

1. life skills for fitness professionals
2. exercise science
3. applied kinesiology and training methods
4. screening, assessment and programme design
5. lead and instruct individuals or groups (personal training)
6. special needs in fitness
7. nutrition and wellness
8. health and safety
9. business administration and management

second year

1. lifestyle coaching
2. advanced sport and exercise science
3. periodization of training
4. sport nutrition
5. screening, assessment and sport fitness conditioning
6. sport skills and tactics
7. talent identification and sport development
8. public speaking