

certificate in fitness

NQF level 5, 137 credits, 1 year learning programme (full time or correspondence) and part time-accelerated learning

course description

The fitness certificate learning programme provides an exciting balance of theory and practice to enable graduates to work as personal trainers or fitness instructors in health and fitness workplaces nationally and internationally. The programme ensures that students have sufficient field-based experiential learning to achieve their qualification. Graduates are able to work in fitness facilities, in private or corporate gyms or run their own private practice as a personal trainer. If they add other specialisation modules, they can broaden their scope to include skills such as Pilates Instructor, Yoga Teacher, Indoor Cycling Instructor, Aerobics Instructor and 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 and implement and monitor fitness programmes
- screen, assess and refer to appropriate health care professionals
- promote and provide health and safety in their practice
- provide advice on nutrition, wellness and goal setting
- demonstrate business and administration skills to run their own fitness business or unit

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**. 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, massage for sport and fitness, nutrition for performance, pilates mat, vinyasa yoga level one.

course modules

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

modules and subjects

1. life skills for fitness professionals

- operate a personal computer
- Planning and conducting research
- values and ethics
- legal and professional issues

2. exercise science

- anatomy
- exercise physiology
- applied kinesiology
- training principles and methods

3. growth and development

- growth and development

4. screening, assessment and programme design

- risk screening
- motivation and communication
- assessment and fitness testing
- programme design

5. lead and instruct exercise

- personal training

6. nutrition and wellness

- nutrition principles
- wellness and lifestyle

7. special needs in fitness

- social issues, diversity and equity
- special needs and disabilities

8. health and safety in fitness

- HIV/aids in the workplace
- safety and risk management
- occupational health and safety

9. business management in fitness

- personal organisation
- entrepreneurship and business management
- team work
- workplace communication
- fitness facility maintenance