

# certificate in sport, recreation and fitness management

(NQF level 5, 120 credits, 1 year learning programme; full time, part time or correspondence)

## course description

### course description

This learning programme provides education, practical training and work related experience which prepares students for work in the field of sport. Graduates will be able to work in schools, clubs or private institutions in a range of areas which can include event management, fitness facility management, sport club or recreation facility management and team management. On completion, qualifying students are able to:

- explain the benefits of physical activity which includes understanding exercise, health management and risk screening
- demonstrate business and finance management skills
- provide for occupational health and safety in a sport environment
- manage disabilities in a sport environment
- manage a sport or fitness facility
- provide public relations and media liaison
- manage a sport team on tour

### specialisations

The specialisation that students cover in this course relates to planning, co-ordinating and implementing sport tournaments and events. Students will receive an event planning pack with their training to assist them in planning events.

## course modules

1. principles of physical activity; personal growth and development; risk screening
2. diversity and equity; applying sport sociology
3. business management; finance management; business communication; principles of marketing; customer care
4. planning events; organising and administering events, managing volunteers; health and safety
5. governance in sport; sustainable sport organisations; managing a sport or recreation facility; facility maintenance
6. HIV in sport, managing participants with disabilities  
team ethics, team management and logistics, athlete public relations and media liaison



leading sport and fitness education