

# diploma in fitness (exercise specialist)

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

## course description

This course provides theoretical and practical education along with relevant specialised fitness training. Graduates are able to work locally or overseas as an exercise specialist working with healthy non-risk special populations; specifically, pregnant clients, children and youth as well as older adults. Qualifying students are able to:

- design and implement physical activity programmes for apparently healthy populations as well as special populations
- screen, assess and motivate clients
- instruct and teach health related fitness programmes
- provide advice on stress management, nutrition and lifestyle planning
- demonstrate communication and lifestyle counselling skills to assist clients in making healthy lifestyle choices
- demonstrate entrepreneurial skills and manage their own business or unit in a fitness facility

### specialisations

In their first year, students will qualify in personal training. They also complete additional specialisations in aerobics, spinning or pilates basic mat-instructor. In second year, the specialisation includes exercise programme design for pregnant clients, children and youth as well as older adults and over weight clients.

## course modules

### first year

- 1.operating a personal computer; plan and conduct research; values and ethics; legal and professional issues
- 2.applied anatomy and biomechanics
- 3.sport and exercise physiology; training methods
- 4.screening; assessment and fitness testing; motivation and communication, designing exercise programmes
- 5.social issues, diversity and equity; special needs and disabilities
- 6.lead and instruct exercise specialisation (personal training plus one other specialisation)
- 7.nutrition; wellness and lifestyle
- 8.HIV and aids; safety and risk management
- 9.personal organisation; entrepreneurship and business management; teamwork, workplace communication, fitness facility maintenance

### second year

- 1.mentoring, personal growth and development
- 2.lifestyle coaching, nutrition and eating disorders
- 3.exercise physiology; anatomy and biomechanics; nutrition; screening, assessment and testing; designing, implementing and teaching fitness classes for pregnant clients
- 4.exercise physiology; anatomy and biomechanics; nutrition; screening, assessment and testing; designing, implementing and teaching fitness classes for children and youth
- 5.exercise physiology; anatomy and biomechanics; nutrition; screening, assessment and testing; designing, implementing and teaching fitness classes for older adults
6. common injuries; communicable diseases; chronic diseases of lifestyle and health management public speaking



leading sport and fitness education