

# diploma in fitness (Sport Conditioning Trainer)

(NQF Level 5, ID 21890, 247 Credits, 2-year Learning Programme)

## course description

This course provides theoretical and practical education along with relevant specialised fitness training for sport conditioning. Qualifying students are able to work locally or overseas as a Sports Conditioning Trainer, working with healthy non-risk clients or athletes wishing to improve their sport performance. Qualifying students are able to:

- Design and implement physical activity programmes for apparently healthy populations as well as athletes or clients needing athletic conditioning
- Screen, assess and motivate clients
- Instruct and teach health related fitness programmes
- Provide advice on stress management, nutrition and lifestyle management
- Demonstrate communication and lifestyle counselling skills that assist clients in making healthy lifestyle choices.
- Demonstrate entrepreneurial skills and manage their own business or unit in a fitness facility

In their 1<sup>st</sup> year, students will qualify in **personal training**. They also complete additional specialisations of **Aerobic** or **Spinning** Instructor (group training classes to music) or **Pilates** basic mat class instructor. In 2<sup>nd</sup> year, the specialisation for this course is in **Athlete Conditioning**.

## course modules

### 1<sup>st</sup> year:

1. Plan and conduct research, Values and Ethics, Legal and Professional Issues, PC skills
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 (personal training plus one other specialisation)
7. Nutrition, Wellness and Lifestyle
8. Safety and Risk Management, HIV/AIDS
9. Entrepreneurship & Business Management including Personal Organisation, Team Work, Workplace Communication, Fitness Facility Maintenance

### 2<sup>nd</sup> Year:

1. Mentoring, Personal growth and development
2. Lifestyle Coaching, Nutrition and eating disorder
3. Advanced sport and exercise physiology
4. Anatomical and biomechanical analysis for sport
5. Nutrition, Eating Problems/Disorders, Sport nutrition and Ergogenic Aids, Screening, Assessment and Testing for Sport, Periodisation of Training, Sport Fitness Conditioning
6. Talent Identification and Development, Skills and Tactics for Sport, Coaching Intermediate and Advanced Performers
7. Sport Injuries, Communicable Diseases, Chronic Diseases of Lifestyle, Health Management Public Speaking



leading sport and fitness education