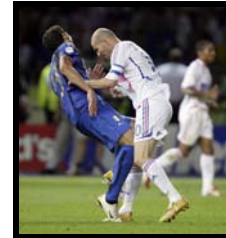


The **eta** has developed a range of exciting specialisation courses to empower and enable their students with workplace skills so that they can function effectively in existing and new working environments. The courses are available as modular programmes taught at **eta** campuses or as distance learning programmes.



Benefits of doing this short course

This short course on **sport psychology** will enable you to add a valuable qualification as a **mental skills coach** to your current competency as a qualified fitness practitioner or sport coach. If you are not fully qualified, completing this course is a great start to your path in the fitness or sport industry or it can simply be something to add value to that hobby you love.

The learning programme

You will learn about psychological theories, the fundamentals of sport psychology as well as the benefits of sport psychology. In addition you will learn to develop a mental skills model which can be used as an observation tool to identify needs for the development of mental skills. Finally you will learn to consult, teach and coach a range of mental skills. Modules include:

1. Introductory exercise science module
2. Psychology theories
3. Fundamentals of sport psychology
4. Developing a mental skills model
5. Observing, consulting, teaching and coaching mental skills

You receive the following:

1. Course manual
2. File with study guide and evidence portfolio

Learning and assessment process

The course is based on sound education and training principles; combining theoretical and practical education. In your programme, you will be provided with instructions for your basic learning process along with self assessments to monitor your progress. Learning activities

and assessment tasks are included. At the end of your learning process you will be required to submit a knowledge test and evidence of a practical demonstration in the form of a verified checklist.

Certification

On successful completion of the assessment criteria, you will receive a *certificate in mental skills coaching*.

Duration

The programme is based on 260 notional hours (150 of these are allocated to exercise science). This means it should take you 260 hours to complete successfully. An experienced practitioner or a student currently studying with **eta** will take less time because they already know most aspects of the programme and may want to complete the programme as a refresher or as a means to obtain an additional qualification.

Categories of candidates

1. **Fitness or Coaching Science:** these are candidates who are currently studying or have completed a National qualification in Fitness or Coaching Science. These candidates are exempt from the introductory exercise science module. On achieving the prescribed assessment criteria for the specialisation, they will receive a module certificate.
2. **Bridging:** these are experienced people, working in the industry that may not have a formal qualification or may have an associated qualification that does not include exercise science. If they wish to qualify in the specialisation, they must achieve the assessment criteria of exercise science as well as their specialisation. On successful achievement of the assessment criteria, they will receive a certificate.
3. **Hobbyist:** these are people who are seeking knowledge or self-improvement. These candidates are not assessed and do *not* receive a certificate. However, if they wish to qualify, they need to complete the exercise science section of the course as well. Assessment then includes exercise science and the specialisation. On achieving all of the prescribed assessment criteria, they will receive a module certificate.

Assessment: Assessment cost is included for category 1 candidates. For candidates in category 2 or 3, assessment of the exercise science section is extra.

To register: Complete the **eta** registration form for specialisations. You can also enquire on our website. Go to www.exerciseacademy.com and click on the **specialisations** button on the home page.

Accreditation: For details of **eta** accreditation check on the **eta** website: www.exerciseacademy.com