



CHILDREN AND YOUTH

NQF LEVEL 5
20 CREDITS
3 MTHS

COURSE OVERVIEW

Exercise Programme Design for Children and Youth is an elective specialisation intended to extend the scope of practice of graduates who are qualified with a Diploma in Fitness but who may not have chosen this elective during their course of study.

ACCREDITATION

This specialisation can also be taken for continued professional development (CPD) for graduates with a Diploma in Fitness. The course is recognised by the Register of Exercise Professionals South Africa (REPSSA). REPSSA is part of ICREPS; an international confederation of registers for exercise professionals which operates world-wide, allowing members to work anywhere in the world.

ENTRY REQUIREMENTS

Students wishing to attend this elective specialisation must have successfully completed their Diploma in Fitness (NQF level 5, 240 credits minimum). They should also have an understanding of the anatomical, physiological and nutritional implications for exercise for children and youth as well as screening and assessment so that they can apply this in the design of programmes for this population group.

COURSE OUTLINE

Course manual, a study guide and portfolio of evidence (PoE) file and Log Book.

CAREER OPPORTUNITIES

Children Programme design specialist

FEES

Full tuition Fee for 2018 R6 000

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