Vision and Mission

**eta College** is the first choice private provider for sport and exercise qualifications.

We provide accredited learning programmes in sport or fitness, which lead to registered qualifications.

**eta** learning programmes assure the following:

- Accredited qualifications: Higher education programmes are accredited by the Council for Higher Education (CHE) and occupational programmes are accredited by the Culture, Arts, Tourism, Hospitality and Sport Education and Training Authority (CATHSSETA).
- A variety of learning options: Programmes are run full time, part time or online.
- **eta** creates theoretical and practical learning opportunities for students to achieve their assessment criteria and be ready to enter the workplace.
- Knowledge and skills: **eta** learning systems strive to be the best at empowering students to convert theory from the textbook to application in the field and competence in the workplace.
- Employment opportunities: Learning programmes provide graduates with the best qualification for job applications, for improvement in their current employment or the confidence to start their own practices in fitness, management and sports.
- Self-improvement: Learning programmes provide self-improvement through enhanced knowledge and applied skills.

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"My time as a sports management student has taught me a lot about the industry and has opened my eyes to new opportunities."

Kelly
About us

**eta** prides itself on being the leader in educational programmes for the sport and fitness industry. As a single-purpose sport and fitness college, we dedicate ourselves to providing dynamic learning programmes that lead to internationally benchmarked qualifications.

Our occupational programmes are approved by CATHSSETA and our higher education programmes are accredited by the CHE. Our qualifications are registered on the National Qualifications Framework (NQF) by the South African Qualifications authority (SAQA).

In fulfilling our accreditation criteria, our higher education sites are registered with the Department of Higher Education and Training as a private higher education institution.

To ensure that we meet the needs of sport and fitness in South Africa, **eta** is also a licensed service provider with Sport and Recreation South Africa (SRSA).

Our qualifications are benchmarked against international best practice in sport and fitness; thus our graduates are able to find employment in South African and all over the world.

Students can study coaching science, fitness or sports management. There is the option of pursuing full time studies, which is ideal for the school leavers; part time studies, which is great for those wanting to make a career change or learn more about their field of interest. For those wanting flexibility with their studies, online learning is a perfect solution.

**eta** distinguishes itself by being a specialist sport and fitness college that totally immerses its students in their subject matter of sport, fitness or sport management.

We balance classroom theory and research with practical learning and work-based experience.

Our students leave us fitter, stronger than when they started and they graduate skilled and ready for the workplace.

**eta** has twelve campuses. These are located in Bloemfontein, Botswana, Cape town, Durban, East London, George, Johannesburg, Mauritius, Namibia, Port Elizabeth, Pretoria and Stellenbosch.

DHET registered campuses are BFN, CPT, DBN, GRG, JHB, PTA, STB. We have additional sites offering CATHSSETA accredited programmes in Port Elizabeth, Namibia, Mauritius and soon Botswana.

Having the opportunity to enrol for the first year Fitness Certificate Course allowed what was a fun and social discipline of fitness training to grow into a business, bringing me to start up my company as full time personal trainer, committing to my clients with excellence and dedication.

Alex"
**History**

*eta* has become a highly respected international education provider offering learning towards registered qualifications.

*eta* College was launched in 1983 to meet the education needs of the fast developing health and fitness industry.

In 1994 the directors, Linda Halliday and Dr Steve Harris took over the *eta* from Dr Malcolm Marrison who founded the organisation.

*eta* evolved into a fully-fledged private college offering courses all over South Africa. Our graduates are able to work anywhere in the world in the sport, fitness, recreation and leisure industries.

We also saw new demands emerging from our education department, with new legislation and regulations that governed education and these regulatory changes affected education in sport, bringing greater demands for rigorous quality assurance in education.

At *eta*, we pride ourselves on having developed our quality management systems to meet the needs of our quality assurors and the Department of Higher Education and Training (DHET).

*eta* is now the leading provider of courses for fitness, coaching science and management qualifications in sport, recreation and fitness.

Our programmes also address the capacity building and transformation needs of the South African society.

This is done through *eta* Special Projects which caters for learnerships, skills programmes and workplace training in sport, recreation or fitness.

**International Comparability**

All *eta* qualifications are benchmarked against qualifications in Australia, Canada, Great Britain, New Zealand and the USA showing substantial degrees of similarity.

*eta* qualifications are accepted internationally in countries where we have campuses or where the Register for Exercise Professionals (REPS) is established. We have been enabling graduates to launch their careers in fitness, sport coaching and the business of sport since 1984.

**Mode of delivery**

We have developed a world class education process which is supported by technology and consists of theory, application and practice in the field. This ensures that graduating students are ready for their careers.

**Language Policy and Mode of Instruction**

The language of instruction is English.

The mode of instruction is contact with full time classes and accelerated learning in our part time classes.

Distance learning is an alternative mode of instruction.
Careers in fitness

People qualified in fitness training work as personal trainers or instructors in gyms, sport clubs, hotels, spas and even cruise liners. Others organise workplace wellness and fitness and many choose to run their own gym or studio.

CHE ACCREDITED PROGRAMMES

Qualification
DIPLOMA IN SPORT AND EXERCISE

Accreditation status
Accredited (with conditions)

Course description
Level 6, 3-year Learning Programme

This course provides theoretical and practical education along with relevant sport and fitness related field training.

Qualifying students are able to:

- Apply the science of testing and evaluation to the design, management and implementation of sport skills and technique-based training programmes
- Design, implement and manage safe and effective sport conditioning and/or performance-based exercise programmes
- Use current information technology to analyse, interpret, and prescribe correct movement patterns, sporting tactics and movement execution
- Coach a chosen sport by applying professional coaching principles
- Design and periodise safe and effective sport performance programmes
- Synthesise theoretical and scientific theory of coaching and/or exercise science into a practically applied training or conditioning programme

Elective
The area of specialisation is sport skills and conditioning coach.

Qualification
HIGHER CERTIFICATE: FITNESS

Accreditation status
Accredited

Course description
Level 5, 1-year Learning Programme

This course provides theoretical and practical education along with relevant fitness related field training.

Qualifying students are able to:

- Operate professionally in a fitness environment, in consideration of safety and risk factors
- Provide risk screening, assessment and fitness testing
- Design and conduct exercise programmes
- Lead and instruct safe and effective exercise sessions or routines

Elective
The elective is personal training.
Qualification
ADVANCED CERTIFICATE: FITNESS
Sport Conditioning

Accreditation status
Accredited

Course description
Level 6, 1-year Learning Programme

The programme provides theoretical and practical education with relevant specialised fitness training for those who want to work as Exercise Specialists or Sport Conditioning Coaches.

Qualifying students are able to:

- Screen, assess, and fitness test for sport performance
- Design and periodise safe and effective sport performance programmes
- Implement and manage safe and effective sport conditioning and/or performance-based exercise programmes
- Demonstrate knowledge of health and safety standards and professional scopes of practise

Elective
The elective is sport conditioning coach.

Qualification
ADVANCED CERTIFICATE: FITNESS
Special Populations

Accreditation status
Accredited (with conditions)

Course description
Level 6, 1-year Learning Programme

The programme provides theoretical and practical education with relevant specialised fitness training for those who want to work as Exercise Specialists or Sport Conditioning Coaches.

Qualifying students are able to:

- Screen, assess, and fitness test for special population groups.
- Design, implement and manage safe and effective exercise programmes for special populations.
- Plan exercise sessions based on clients’ abilities, needs and goals
- Demonstrate knowledge of health and safety for each population group
- Provide educated advice and support in terms of health, lifestyle and exercise management

Elective
The elective is exercise programme design for pregnant clients, children and youth, older adults and overweight clients.
CATHSSEA ACCREDITED PROGRAMMES

Qualification
NATIONAL CERTIFICATE: FITNESS

Accreditation status
Accredited

Course description
Level 5, 1-year Learning Programme

This course provides theoretical and practical education along with relevant fitness related field training.
Qualifying students will be able to:
- Design and implement physical activity programmes for apparently healthy individuals or groups
- Screen, fitness test and monitor health related fitness programmes
- Refer to appropriate health care professionals
- Promote and provide occupational health and safety in their practices
- Provide advice on nutrition, wellness and exercise motivation
- Demonstrate entrepreneurial skills to run and manage their own small business or business unit

Elective
The elective is personal training.

Occupational Qualification
CERTIFICATE: PERSONAL TRAINER

Accreditation status
Accredited

Course description
Level 5, 9-month Learning Programme

The programme provides current and well-researched education in exercise science along with applied knowledge and skills.
Qualifying students are able to:
- Screen, assess and motivate clients
- Design and implement physical activity programmes for apparently healthy populations
- Instruct exercise to individuals and groups
- Promote an awareness of nutritional principles
- Demonstrate entrepreneurial skills and manage their own business or unit in a fitness facility
Qualification
NATIONAL DIPLOMA: FITNESS
Sport Conditioning

Accreditation status
Accredited

Course description
Level 5, 2-year Learning Programme

The programme provides theoretical and practical education with relevant specialised fitness training for those who want to work as Exercise Specialists or Sport Conditioning Coaches.

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 to special populations
- Provide advice on stress management, nutrition and lifestyle management
- Demonstrate entrepreneurial skills and manage their own business or unit in a fitness facility

Electives

The specialisation is sport fitness conditioning, periodisation, talent ID as well as skills and tactics for sport.

Qualification
NATIONAL DIPLOMA: FITNESS
Exercise Specialist

Accreditation status
Accredited

Course description
Level 5, 2-year Learning Programme

The programme provides theoretical and practical education with relevant specialised fitness training for those who want to work as Exercise Specialists or Sport Conditioning Coaches.

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 to special populations
- Provide advice on stress management, nutrition and lifestyle management
- Demonstrate entrepreneurial skills and manage their own business or unit in a fitness facility

Electives

The specialisation is exercise programme design for pregnant clients, children and youth, older adults and overweight clients.
Occupational Qualification
CERTIFICATE: FITNESS INSTRUCTOR

Accreditation status
Accredited

Course description
Level 4, 6-month Learning Programme

The course provides you with up to date and well-researched principles of exercise science along with practical learning that will provide you the knowledge and skills to take up work as a Fitness Instructor.

Qualifying students are able to:
- Apply knowledge of anatomy and physiology to exercise training
- Recommend an exercise programme or fitness activity to facility members
- Supervise the use of a fitness facility and its equipment
- Instruct exercise to individuals and groups

Occupational Qualification
SKILLS CERTIFICATE: PILATES INSTRUCTOR

Accreditation status
Accredited

Course description
Level 5, 3-month Learning Programme

The programme provides current and well-researched education in exercise science along with applied knowledge and skills.

Qualifying students will be able to:
- Screen and test health related fitness
- Recommend an exercise programme or activity
- Instruct Pilates exercise to individuals and groups
- Promote an awareness of nutritional principles

Occupational Qualification
CERTIFICATE: YOGA TEACHER (RYT 200)

Course description
4-month Learning Programme

The programme provides current and well-researched education in exercise science along with applied knowledge and skills.

Qualifying students are able to:
- Apply knowledge of anatomy and physiology to yoga classes
- Plan yoga classes that include traditional physical and mental disciplines of yoga
- Demonstrate knowledge of yoga asana techniques and teaching methodologies
- Instruct yoga classes

Occupational Qualification
SKILLS CERTIFICATE: GROUP EXERCISE INSTRUCTOR

Accreditation status
Accredited

Course description
Level 4, 1-month Learning Programme

The programme provides current and well-researched education in exercise science along with applied knowledge and skills.

The programme allows students to choose their area of interest in instructing, namely Aerobics, Step and Tone; Pilates Mat; Indoor Cycling or Yoga.

Qualifying students are able to:
- Apply knowledge of anatomy and physiology to exercise training
- Lead and instruct exercise classes to music
- Lead and instruct exercise to individuals and groups
The following tables indicate the vertical and horizontal learning paths and where the learning programmes for Occupational qualifications fit in the learning path for fitness qualifications. Table 1 depicts the relationship to higher qualifications and the vertical pathway that students could take to achieve higher levels of learning.

**Table 1**

<table>
<thead>
<tr>
<th>REPSSA Professional Designation</th>
<th>CHE &amp; CATHSSETA Qualifications</th>
<th>Credits</th>
<th>NQF level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise Specialist</td>
<td>Diploma in Sport and Exercise (CHE)</td>
<td>360</td>
<td>6</td>
</tr>
<tr>
<td>Exercise Specialist</td>
<td>National Diploma in Fitness (CATHSSETA)</td>
<td>247</td>
<td>5</td>
</tr>
<tr>
<td>Sport Conditioning Coach</td>
<td>Advanced Certificate: Special populations (CHE)</td>
<td>120</td>
<td>6</td>
</tr>
<tr>
<td>Sport Conditioning Coach</td>
<td>Certificate: Sport conditioning Coach (CATHSSETA)</td>
<td>90</td>
<td>5</td>
</tr>
<tr>
<td>Exercise Specialist</td>
<td>Advanced Certificate: Special populations (CHE)</td>
<td>120</td>
<td>6</td>
</tr>
<tr>
<td>Exercise Specialist</td>
<td>Certificate: Exercise Specialist (CATHSSETA)</td>
<td>111</td>
<td>5</td>
</tr>
<tr>
<td>Personal Trainer</td>
<td>National Certificate Fitness (CATHSSETA)</td>
<td>137</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Higher Certificate Fitness (CHE)</td>
<td>137</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Certificate: Personal Trainer (CATHSSETA)</td>
<td>86</td>
<td>5</td>
</tr>
<tr>
<td>Pilates Instructor</td>
<td>Skills Certificate/Certificate: Pilates Instructor (CATHSSETA)</td>
<td>55</td>
<td>5</td>
</tr>
<tr>
<td>Fitness Instructor</td>
<td>Skills Certificate/Certificate: Fitness Instructor (CATHSSETA)</td>
<td>28</td>
<td>4</td>
</tr>
<tr>
<td>Group Exercise Instructor</td>
<td>Skills Certificate/Certificate: Group Exercise Instructor (CATHSSETA)</td>
<td>15</td>
<td>4</td>
</tr>
</tbody>
</table>

Table 2 (a) and (b) indicate potential horizontal paths that a student could take and the potential options for additional qualifications at level 4 or 5.

**Table 2 (a)**

<table>
<thead>
<tr>
<th>Horizontal articulation</th>
<th>Vertical articulation CATHSSETA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certificate: Personal Trainer</td>
<td>86</td>
</tr>
<tr>
<td>Certificate: Fitness Instructor</td>
<td>28</td>
</tr>
<tr>
<td>Certificate: Group Exercise Instructor</td>
<td>15</td>
</tr>
</tbody>
</table>

**Table 2 (b)**

<table>
<thead>
<tr>
<th>Horizontal articulation</th>
<th>Vertical articulation CATHSSETA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certificate: Personal Trainer</td>
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<tr>
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<td>28</td>
</tr>
<tr>
<td>Certificate: Group Exercise Instructor</td>
<td>15</td>
</tr>
</tbody>
</table>
Careers in coaching

Some of our graduates of the coaching science qualification have gone on to become international coaches in soccer and the America’s Cup yacht race. Others work in sport clubs or start their own private sport coaching businesses.

CHE ACCREDITED PROGRAMMES

**Qualification**
ADVANCED CERTIFICATE: COACHING SCIENCE

**Accreditation status**
Accredited (with conditions)

**Course description**
Level 6, 1-year Learning Programme

The course provides theoretical and practical education plus documented in-the-field training for coaching sport at intermediate to advanced level performers.

Qualifying students are able to:

- Identify, plan, and implement a skills training programme to improve technical performance
- Identify and assess correct/incorrect technique and plan and implement a corrective programme (up to club level).
- Coach a chosen sport by applying professional and coaching principles
- Analyse management principles and demonstrate their application in sport environments

**Electives**

Students can study one sport specialisation; rugby, football, hockey, cricket or netball.

**Qualification**
HIGHER CERTIFICATE: COACHING SCIENCE

**Accreditation status**
Accredited

**Course description**
Level 5, 1-year Learning Programme

This course provides theoretical and practical education plus guidelines for practical training for coaching of sport to beginner and intermediate level performers.

Qualifying students will be able to:

- Design appropriate conditioning programmes for sport
- Manage, health, safety and professional responsibilities in sport
- Apply communication and motivational skills to coaching
- Plan and implement professional coaching practices

**Electives**

Students can study one sport specialisation; rugby, football, hockey, cricket or netball.
CATHSSETA ACCREDITED PROGRAMMES

Qualification
NATIONAL DIPLOMA: COACHING SCIENCE

Accreditation status
Accredited

Course description
Level 5, 2-year Learning Programme

The course provides theoretical and practical education plus documented in-the-field training for coaching sport at intermediate to advanced level performers.

Qualifying students are able to:

- Coach at least one chosen sport to performers at intermediate to advanced level
- Provide advice on advanced fitness conditioning, sport specific testing, sports nutrition and the use of ergogenic aids as well as sport psychology
- Display appropriate coaching, communication and mentoring skills to assist performers with their planning and motivation towards their sport goals
- Develop talent identification and development programmes

Electives

Students are encouraged to continue with their sports and complete the sport federation coaching or technical officiating course (Level 1).

Qualification
NATIONAL CERTIFICATE: COACHING SCIENCE

Accreditation status
Accredited

Course description
Level 5, 1-year Learning Programme

This course provides theoretical and practical education plus guidelines for practical training for coaching of sport to beginner and intermediate level performers.

Qualifying students will be able to:

- Coach sport to performers at beginner to intermediate level
- Provide advice on fitness conditioning programmes
- Demonstrate appropriate communication and coaching skills to assist performers with their planning and motivation for their sport goals
- Provide advice on the development of mental skills required for competition in sport
- Organise and administer sport events in a community

Electives

Students can study one sport specialisation; rugby, football, hockey, cricket or netball.
Careers in sport management

Graduates from sport management can work in health clubs, spas and sport clubs or in provincial and national sport bodies, schools or universities.

CHE ACCREDITED PROGRAMMES

**Qualification**
DIPLOMA: SPORT AND RECREATION MANAGEMENT

**Accreditation status**
Accredited

**Course description**
Level 6, 3-year Learning Programme

The course provides education, practical training and work related experience to prepare students for work in the fitness, recreation or sport management industry, regionally, nationally and internationally.

Qualifying students are able to:
- Manage a sport tournament
- Co-ordinate athlete and team support
- Manage a sport or fitness facility
- Apply administration and business management skills
- Engage in community sports development

**Electives**
Students choose two electives from the following: Sport tourism and Outdoor adventure; Multi sport club and Outdoor adventure; Sport market research; Fitness facility management; Sport skills development, Education & Training.

**Qualification**
HIGHER CERTIFICATE: SPORT RECREATION AND FITNESS MANAGEMENT

**Accreditation status**
Accredited

**Course description**
Level 5, 1-year Learning Programme

The course provides education, practical training and work related experience to prepare students for work in the field of sport management.

Qualifying students will be able to:
- Manage a sports tournament
- Co-ordinate athlete and team support
- Manage a sport or fitness facility
- Apply administration and business management skills
- Engage in community sport development
- Conduct sport specific marketing
- Demonstrate Information Management skills
CATHSSETA ACCREDITED PROGRAMMES

Qualification
NATIONAL CERTIFICATE: SPORT MANAGEMENT

Accreditation status
Accredited

Course description
Level 5, 1-year Learning Programme

The course provides education, practical training and work related experience to prepare students for work in the field of sport management.

Qualifying students will be able to:

- Manage risk and the benefits of physical activity which includes understanding exercise and health management
- Demonstrate business and finance management skills
- Provide for occupational health and safety in a sport environment
- Manage a sport or fitness facility
- Plan, coordinate and implement sport tournaments or events
- Manage a sport team on tour

We want to applaud eta on a job well done; we the Sports Management 2nd year students really appreciate your effort, experience and work ethic you put in us.

Cape Town 2nd year students
Special Projects

**eta** Special Projects is a division of eta that deals with education and training programmes that do not take place within a traditional campus environment.

**Learnerships and Skills Programmes**

All organisations involved in sport and fitness are able to make use of the SETA (Sector Education and Training) system to make application for funding to up skill sports coaches, managers and fitness trainers.

CATHSSETA is the SETA responsible for sport and fitness education and works in close consultation with eta College as its accredited learning provider.

**eta** Special Projects takes their client through the application process and, if funding is awarded, conducts the training from induction to certification.

**eta** Special Projects also presents short programmes designed to equip candidates with specific tailor-made skills for sport coaching, sport administration or fitness instruction.

**Corporate Social Investment and Outreach**

**eta** Special Projects is involved in many partnerships with NGO’s and has its own NGO called Active Communities Network which strives to use sport and fitness to improve the quality of life for youngsters in troubled communities.

**Qualifications and Skills Programmes available**

National Diploma Club Professional Golfing (240 credits; NQF Level 5)
National Certificate in Sport Management
National Certificate in Coaching Science
National Certificate in Fitness (120 credits each; NQF Level 5)
Further Education and Training Certificate in Sport Administration
Further Education and Training Certificate in Technical Officiating (151 credits; NQF Level 4)
Sports Club Administration Skills Programme (54 credits; NQF Level 4)
Sports Coaching and Administration Skills (37 credits; NQF Level 5)
Generic Sports Coaching (64 credits; NQF Level 5)
Fitness Instructor (28 credits; NQF Level 4)

Our programmes provide accredited sport and fitness education combined with the soft-skills needed for employment-readiness. This training creates skilled, dedicated and enthusiastic young professionals who can contribute to wellness within their communities.

**Recognition of Prior Learning (RPL)**

The process of RPL offers candidates who have years of experience in sport and fitness, the ability to qualify. In producing evidence of their knowledge and skills in the field, they are able to achieve a well-deserved qualification.

This programme is open to any candidate who successfully completes an RPL Self-Assessment followed by the RPL summative assessment. This significantly reduces the time usually needed to complete a full qualification. While being a really cost-effective approach, it does require at least three years of substantiated experience in the field.

**Golf Academies**

**eta** College is an official partner to the Professional Golf Association of South Africa (PGASA) and is accredited to offer the National Diploma Club Professional Golfing. This programme is rolled-out at golf-specific campuses in the Western Cape, Gauteng and KZN with expert PGA recommended tutors. We offer successful graduates a career pathway into the golfing profession.

**List of clients**

Active Communities Network
Athletics SA
CATHSSETA
PGA of SA
Rio Ferdinand Foundation
SA Football Association
Titans Cricket
Virgin Active
Accreditation & Educational Legality

**Admission Criteria; Level 6 Diploma qualifications**

The minimum recommended requirement for admission for Level 6 diploma is the National Senior Certificate (NSC), moderate achievement (40-49%) or NS (V) with minimum of 40% in English.

**Admission Criteria; Level 6 Advanced Certificate qualifications**

To enter any level 6 advanced certificate, you must have achieved the NQF level-5 Higher Certificate relating to the chosen stream or an equivalent qualification in the field of exercise science at NQF level 5.

**Admission Criteria; Level 5 qualifications**

The minimum recommended requirement for admission for Level 5 Certificates or Diplomas is the National Senior Certificate as certified by Umalusi with an achievement rating of 2 (elementary achievement, 30-39%). This means a minimum pass of 40% each for three of the selected Grade 12 subjects (one must be English) and a minimum pass of 30% each for three of the selected Grade 12 subjects. Refer to our Admission and Selection Policy for full details of subject requirements.

**Admission Criteria; Level 4 qualifications**

Candidates must have successfully passed their Grade 10 school leaving certificate. It is assumed that they have literacy, numeracy and communication equivalent to NQF Level 3 and/or an appropriate skills programme at NQF Level 3.

Refer to our Admission and Selection Policy for full details of subject requirements.

**Additional information required**

Students not meeting the minimum requirement must write a motivation in order that their levels of commitment for the course be evaluated, as well as their literacy and numeracy abilities. They may be recommended for tests at their own expense. These could include aptitude tests, literacy, reading skills, numeracy, reasoning skills and or studying skills.

**Registration with Department of Higher Education and Training (DHET)**


The business registration of eta College is the Exercise Teachers Academy (Pty) Limited. eta is registered as a private higher education institution in terms of Section 54 (1) (c) of the Higher Education Act, 1997 (Act No. 101), and Regulation 16 (4) (a) of the Regulations for Registration of Private Higher Education Institutions, 2002, to offer the registered higher education programmes listed below at the following campuses: Cape Town, Bloemfontein, Durban, George, Johannesburg, Pretoria and Stellenbosch.

**Registered CHE qualifications**

- Diploma in Sport and Exercise
- Diploma in Sports and Recreation Management
- Advanced Certificate in Fitness
- Advanced Certificate in Coaching Science
- Higher Certificate in Fitness
- Higher Certificate in Sports, Recreation and Fitness Management
- Higher Certificate in Coaching Science

**Registered CATHSSETA qualifications**

- National Diploma in Fitness
- National Diploma in Coaching Science
- National Certificate in Sport Management
- National Certificate in Coaching Science
- National Certificate in Fitness

**Accreditation**

In accordance with the requirements of the Higher Education Act 101 (1997), eta is accredited by the Council on Higher Education CHE.

In accordance with Regulation 16 of the SAQA Act 58 (1995), eta is accredited with CATHSSETA, accreditation number 613/P/000007/2004.
**eta** qualifications offered at an **eta** College outside of South Africa, requires that the accrediting body of that country in which the **eta** College is situated must also accredit **eta**’s programmes.

**Legal status**

The Exercise Teachers Academy (Pty) Limited is a registered private company. The CIPRO registration number is 2005/021935/07.

**Membership:** **eta** is a member of the Association of Private Providers of Education, Training and Development (APPETD). APPETD is a registered financial services provider representing its members. They work with private providers towards establishing and maintaining the highest standards of education and training throughout the industry.

**Surety:** In accordance with the requirements of the Department of Higher Education and Training, **eta** invests an agreed amount in financial security. The purpose is to protect students in the unlikely event of **eta** not meeting its obligations to students.

**Recognition by REPSSA**

As an accredited provider in fitness, **eta** is recognised by the Register of Exercise Professionals South Africa, enabling graduates to register with the officially recognised body.

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**Code of conduct**

Check the **eta** website.

**Student complaints policy**

Check the **eta** website.

**Disability Policy**

Check the **eta** website.

**Health and Wellness Policy**

Check the **eta** website.
Academic Strategy

Our success as a provider is measured by the achievements of our students. The main outcome is 100% achievement for students who have participated fully in the learning programmes.

Teaching and Learning

Due to the nature of our learning programmes and the vocational qualification being achieved, learning is divided into theory, applied theory and practical learning.

The exact breakdown is based on the specific module being taught, which may emphasise more theory or practical depending on the key outcomes. The recommended contact hours per session are indicated in our timetables and implementation plans.

Classroom time is interactive and sessions are delivered in the context of the module being taught, together with its application.

Faculty ensure that eta’s principle of Total Immersion is applied to our teaching and learning and that all students experience a planned blend of theory, applied theory and practical learning as well as work-based learning.

Student support

All students are supported through mentorship programmes, portfolio reviews and assessment planning and preparation sessions.

Work based learning

Students complete a minimum amount of hours in the workplace. Each eta site of delivery must have a signed agreement, Memorandum of Understanding or signed letter in place with the relevant workplaces.

Assessment

We have clear assessment policies and procedures and our assessments align to curricula outcomes. The eta assessment process is efficient yet rigorous and clear policies guide our assessment and moderation practice.

Assessment is a transparent process which is monitored and moderated in accordance with eta policy.

Summative assessment is conducted strictly according to the academic calendar and our assessment and moderation policies are reviewed annually to ensure currency and rigour of their application.

Each programme has a unique assessment strategy and students are encouraged to read the Assessment Policy and the Assessment Rules Policy.
To apply online:
1. Click on the ‘Apply now’ button on any course page or anywhere else on the website.
2. Login to the application portal by creating a user first.
3. Select the programme you want to study and the campus (or online learning) and complete the application process.
4. You will be notified of your admission status via email with further instructions for payment and final enrolment.

To manually apply:
1. Complete and sign the eta Application form available on the eta website under Admissions > Manual Applications along with the relevant Payment Schedule.
2. Attach any additional documentation as listed in application form.
3. Submit the form to the regional eta campus by hand or e-mail.
4. You will be notified of your admission status via email with further instructions for payment and final enrolment.

Additional information
Course fees: Check the eta website.

Student financial aid and loans: Ask your eta campus for details on how to access this facility.

Recognition of prior learning (RPL): Check the eta website.

These may be candidates with many years of experience in the field but who do not hold a qualification, or students who did not complete their qualification.
## Senior Management & Faculty

<table>
<thead>
<tr>
<th>eta REGION</th>
<th>STAFF NAME</th>
<th>STAFF QUALIFICATIONS</th>
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<tr>
<td><strong>Bloemfontein</strong></td>
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<tr>
<td></td>
<td><strong>Kavish Gajoo</strong> (Campus Manager)</td>
<td>BA (HMS) Sport Science; National Diploma Coaching Science; Fundamentals of Project Management (Wits Business School)</td>
</tr>
<tr>
<td></td>
<td>Dale Wickins</td>
<td>BA Hons Sport Science</td>
</tr>
<tr>
<td></td>
<td>Verna Estelle Van Biljon</td>
<td>BA Hons Sport Science &amp; Biokinetics</td>
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<tr>
<td></td>
<td>Malerato Joyce Ranthso</td>
<td>B Tech Sports management, B.Degree Human Movement science</td>
</tr>
<tr>
<td></td>
<td><strong>Dr Stephen Harris</strong> (CEO)</td>
<td>Executive MBA (GSB, UCT); PhD Sport Management</td>
</tr>
<tr>
<td></td>
<td><strong>Ms Linda Halliday</strong> (Academic Director)</td>
<td>Diploma Group Fitness Trainer; Certified Assessor; Assessment Designer; Moderator; PG Diploma HE Studies; MPhil in Education (Higher Education Studies)</td>
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<tr>
<td></td>
<td>Richardt Tait (Campus Manager)</td>
<td>BSc Sport Science (University of Stellenbosch); Cert. Personal Trainer (Institute of Sport Movement Science, University of Stellenbosch); Certified Assessor</td>
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<tr>
<td></td>
<td>Anel van der Walt</td>
<td>BA Hons Sport Science, BA Hons Biokinetics</td>
</tr>
<tr>
<td></td>
<td>Andrew Gray (National Academic Manager)</td>
<td>BSc Med Hons Sport Science</td>
</tr>
<tr>
<td></td>
<td>Caitlin Carpenter (National Marketing and Promotions Manager)</td>
<td>BSc Hons Sport Science; Certified Assessor and Moderator, Dipl. in Exercise Science (Exercise Specialist)</td>
</tr>
<tr>
<td></td>
<td>Cleo Pokpas</td>
<td>BA Hons Sports Recreation Sciences</td>
</tr>
<tr>
<td></td>
<td>David Pope</td>
<td>BSoSc in Environmental and Geographical Science and Industrial Sociology (UCT); Diploma Sport Management (eta); Qualified Assessor</td>
</tr>
<tr>
<td></td>
<td>Deidre Johnson</td>
<td>BSc Sport &amp; Exercise Science (UWC); BSc (Hons) Biokinetics (UWC); Certified Assessor. [Current studies: MSc Sport, Recreation &amp; Exercise Science/Biokinetics]</td>
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<tr>
<td></td>
<td>Glennis Harris (National Publications Manager)</td>
<td>Dipl. Office Management; Certified Assessor, Assessment Designer and Moderator; Diploma Sport Massage; Cert. Aerobics; Technical Communication [Mastery Level]</td>
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<tr>
<td></td>
<td>Grant Goldschmidt</td>
<td>BA Sport and Exercise Science; Coaching Science Skills Programme</td>
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<td>Janice Paddey (National Operations Manager)</td>
<td>Dipl. Business Management; Dipl. Personal Trainer; Dipl. Lifestyle Consultant, Certified Assessor and Moderator; Cert. Small Business Management</td>
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<tr>
<td></td>
<td>Kyle Inglis</td>
<td>BA Hons High Performance, BA Sport &amp; Exercise Science</td>
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<td></td>
<td>Lynne Reagon</td>
<td>BA Sport and Exercise Science; BSc(Hons) in Sport Science</td>
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<tr>
<td></td>
<td>Louisa van der Linden (Information Systems Manager)</td>
<td>Dipl. in Fitness (Exercise Specialist) Certified Assessor and Moderator. Bsc Computer Science and Information Systems</td>
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<tr>
<td></td>
<td>Megan Pentz-Kluyts</td>
<td>MA Nutrition; BSc Dietetics; Post Grad Diploma Marketing Management; Diploma Therapeutic Aromatherapy; Diploma in Patisserie</td>
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<tr>
<td></td>
<td>Riyaad Peters</td>
<td>B Tech Sports Management; Diploma Sports Management; PGCE - current studies</td>
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<tr>
<td></td>
<td>Rowena Isaacs (National Finance Manager)</td>
<td>BCom in HR</td>
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<tr>
<td></td>
<td>Sally Lee (Assessment &amp; Moderation Manager)</td>
<td>Advanced University Diploma Educators of Adults; Diploma Personal Fitness Trainer; Certificate Aerobics Instructor; Certified Assessor; Diploma General Nursing; Diploma Midwifery</td>
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<td><strong>Paul Laemmle (Manager)</strong></td>
<td>Diploma Sales Management and Marketing Management</td>
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<td>Learning</td>
<td>Aubrey Stout</td>
<td>BA Exercise Science; BA (Hons) Biokinetics</td>
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<td>Nicole Jennings</td>
<td>BA (Hons) Anthropology; Post Graduate Diploma in Sport Management; Cert. Advanced Pilates Mat; Cert. Group Fitness Training; Cert. Advanced Indoor Cycling</td>
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<tr>
<td></td>
<td>Shannette De Bruin</td>
<td>Cert. Personal Trainer; Diploma Sport Performance Trainer; Cert. Pilates; Cert. Sport Massage</td>
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<tr>
<td>Durban</td>
<td><strong>Wessel Dippenaar (Campus Manager)</strong></td>
<td>BA Human Movement Science</td>
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<tr>
<td></td>
<td>Nita Dippenaar (Campus Manager)</td>
<td>Diploma Fitness &amp; Nutrition (INTEC College)</td>
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<tr>
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<td>Certified Assessor &amp; Moderator (CATHSSETA)</td>
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<td>Cert. Small Business Management (Get Smarter)</td>
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<tr>
<td></td>
<td>Latascha Ferreira</td>
<td>National Diploma in Sport &amp; Exercise Technology</td>
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<tr>
<td></td>
<td>Devon da Costa</td>
<td>B.A. Hons Sport Science</td>
</tr>
<tr>
<td></td>
<td>Chris Phillips</td>
<td>Business National Diploma - The Henley Institute</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Diploma: Personal Training &amp; Sport Massage - Premier Training</td>
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<tr>
<td></td>
<td>Riyaz Vawda</td>
<td>BSc Sport Science Hons - Recreation &amp; Leisure Science</td>
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<tr>
<td></td>
<td>Simon Kaungu</td>
<td>National Diploma in Coaching Science</td>
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<tr>
<td>East London</td>
<td><strong>Jethro (Campus Manager)</strong></td>
<td>BCom Business Management</td>
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<tr>
<td>George</td>
<td><strong>Henriko Louw (Campus manager)</strong></td>
<td>Diploma Exercise Specialist (HFPA); Cert. in Management; Cert. in Management; Certified Assessor</td>
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<tr>
<td></td>
<td>Jan-Harm Venter</td>
<td>BA Sport and Leisure Science; Post grad Cert. Education; Certified Assessor</td>
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<td></td>
<td>Petrus Breytenbach</td>
<td>BSc in Nature Science; Hons B in Human Movement; Certified Assessor</td>
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<tr>
<td></td>
<td>Wilhelmina Van Zyl</td>
<td>BSc (Hons); National Umpires Assoc US Netball; PGC Education; Senior Phase and Further Education and Training; Certified Assessor</td>
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<tr>
<td></td>
<td>Tessa Kruger</td>
<td>Diploma Exercise Specialist; National Umpires Association</td>
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<tr>
<td>Johannesburg</td>
<td><strong>Peter-Jon Davidson (Campus manager)</strong></td>
<td>BA Sport Psychology (UJ); Certificate Outcomes Based Assessment</td>
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<tr>
<td></td>
<td>Siphiwe August</td>
<td>Diploma Sport Management; Certificate Coaching Skills; Project Management Certificate</td>
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<tr>
<td></td>
<td>Seipato Tsholofelo Letsebe</td>
<td>Diploma Sport &amp; Exercise Technology; Certificate Outcomes Based Assessment</td>
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<tr>
<td></td>
<td>Izanne Reichert</td>
<td>BA Sport Science; Pregnancy specialisation University of Stellenbosch</td>
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<tr>
<td></td>
<td>David, Ryan Shanley</td>
<td>BA Human Movement studies; Hons Sport Bio; Assessor Very Cool Ideas</td>
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<tr>
<td></td>
<td>Irvine Pius</td>
<td>BSc (Hons) Sports Science</td>
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<td></td>
<td>Sameerah Nanabhay</td>
<td>BCom Sports Management</td>
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<tr>
<td></td>
<td>Elizabeth Phaswana</td>
<td>BA Hons Sport and Recreation Management, BSc Sport Science</td>
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<tr>
<td></td>
<td>Sunelle Loubsen</td>
<td>BSc Hons in Biokinetics</td>
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<tr>
<td></td>
<td>Tevin Keenan Edwards</td>
<td>MSc Biokinetics (Persuing), Diploma in Coaching Science BA Hons Sports Science, BA Sports Psychology</td>
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<tr>
<td>Mauritius</td>
<td>Jhurry Rajcoomar (Founder &amp; President)</td>
<td>Honorary Doctorate in Education and Human Capital Development- Limkokwing University of Creative Technology, Malaysia</td>
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<tr>
<td></td>
<td>Guillame Teerouven Pillay</td>
<td>Technician Diploma in Construction 6165</td>
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<tr>
<td></td>
<td>Chengelvoyen Rajeshwaree (Aruna)</td>
<td>BSc Hons Human Resource Management</td>
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<td></td>
<td>Namah Deokoomar</td>
<td>Technician Diploma in Construction 6165</td>
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<tr>
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<td>Goolaub Rakesh</td>
<td>BSc Hons Tourism and Hospitality Management</td>
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<tr>
<td></td>
<td>Zameer Janoo</td>
<td>Bachelor of Physical Education</td>
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<tr>
<td></td>
<td>Dr Creeshen Muddapah</td>
<td>Bachelor in Medicine &amp; Bachelor in Surgery (MBBS) with Honours in OBG</td>
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<tr>
<td></td>
<td>Seewam Beerjoo</td>
<td>MSc Educational Administration and Technology, Bachelor of Physical Education</td>
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<td></td>
<td>Kevin Goorapa</td>
<td>Technician Diploma in Construction 6165</td>
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<tr>
<td></td>
<td>Bhowon Yogesh</td>
<td>MSc Educational Administration and Technology &amp; Bachelor of Physical Education</td>
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<td>Taukoorah Urmeela</td>
<td>MSc (Hons) Nutritional Sciences</td>
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<tr>
<td>Namibia</td>
<td>Herman Steytler (Campus Manager)</td>
<td>B.Sc Sport Science (Hons. Sport Performance); NSCA CSCS; Personal Fitness Instructor (NQF 6)(University of Stellenbosch/SUSPI); Crossfit Level 1 Coach</td>
</tr>
<tr>
<td></td>
<td>Ané Kotzé</td>
<td>BA Human Movement Science and Psychology, (Hons. Kinderkinetika) - NWU PUKKE, PGCE (Senior and FET) - UNISA</td>
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<tr>
<td>Port Elizabeth</td>
<td>Allie Alliyah (Operations Manager)</td>
<td>BHMS - Bachelor of Human Movement Science</td>
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<td>Nomkhita Cakata</td>
<td>BHMS - Bachelor of Human Movement Science (Current)</td>
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<td>Stephan vd Westhuizen</td>
<td>B.Ed Snr Movement Education &amp; Geography, Hons B.Ed Movement Education</td>
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<tr>
<td>Pretoria</td>
<td>Wian de Wet (Campus manager)</td>
<td>Dipl. Sport Management, Certified Assessor; Bachelors in Managerial Leadership; Cert. Sport Psychology</td>
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<tr>
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<td>Reinier v d Ryst</td>
<td>M-Tech Sport &amp; Exercise Technology; Holistic Sport Massage therapy Resistance Training</td>
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<td>Pierre Meintjes Spies</td>
<td>BSc Sport Science</td>
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<td></td>
<td>Danielle Hattingh</td>
<td>Diploma Fitness Practitioner; Cert. Movement Therapy; Cert. Pilates; Cert. Yogaflex; Diploma Therapeutic Reflexology</td>
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<td>Luzuko Ndiko</td>
<td>B-Tech Sport Management</td>
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<tr>
<td></td>
<td>Anneke Botha</td>
<td>BSc HMS + Nutrition degree, BSc Hons in Sport science</td>
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<td>Auldrin Julies</td>
<td>B-Tech Sport Management</td>
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<td>Stellenbosch</td>
<td>Jaco j v Rensburg (Campus manager)</td>
<td>M Com Business Economics</td>
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<tr>
<td></td>
<td>Anelma j v Rensburg</td>
<td>MA (Sport and Exercise Science), Post Grad Diploma in Educational Technology. BA Human Movement Studies, Qualified Assessor and Moderator, Certified Level 2 Indoor Cycling Instructor</td>
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<tr>
<td></td>
<td>Helene Malan</td>
<td>BSc Human Movement Studies; Certified Assessor and Moderator</td>
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<td></td>
<td>Marlon Reid</td>
<td>Diploma Fitness, Diploma Sport Management &amp; Coaching; Certified Assessor</td>
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<tr>
<td></td>
<td>Pierre Venter</td>
<td>MA(ANES), Cert. Facilitation, Certified Assessor</td>
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<tr>
<td></td>
<td>Jacque Orlandini</td>
<td>MA Human Movement Studies, Certified Assessor</td>
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<tr>
<td></td>
<td>Marianne Unger</td>
<td>BPhys T, MSc (Physio), PhD (Physio)</td>
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<tr>
<td></td>
<td>Caitlyn Payn</td>
<td>Diploma in Fitness ,Diploma in Sport Management</td>
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<tr>
<td></td>
<td>Coenraad De Villiers</td>
<td>National Diploma Agriculture, BA Sport Science &amp; Psychology</td>
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### Regions

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<tr>
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<th>Bloemfontein</th>
<th>Eta</th>
<th>Johannesburg</th>
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<tr>
<td>Ramblers Sports Club, 40 Alexandra Avenue, Bloemfontein</td>
<td>Randburg Sports Complex, Malibongwe Drive, Randburg</td>
<td>Phone: (051) 444 0850</td>
<td>Phone: 011 791 6565</td>
</tr>
<tr>
<td>Email: <a href="mailto:bloemfontein@etacollege.com">bloemfontein@etacollege.com</a></td>
<td>Email: <a href="mailto:johannesburg@etacollege.com">johannesburg@etacollege.com</a></td>
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<th>Mauritius</th>
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<tbody>
<tr>
<td>Phone: +267 72 859 741</td>
<td>11 Dr O Beaugeard Street Port Louis Republic of Mauritius</td>
<td>Phone: +230 212 4295</td>
<td>Email: <a href="mailto:info@etamauritius.com">info@etamauritius.com</a></td>
</tr>
<tr>
<td>Email: <a href="mailto:botswana@etacollege.com">botswana@etacollege.com</a></td>
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<tr>
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<tr>
<td>WPCC Sports Centre, Avenue de Mist Rondebosch</td>
<td>Hugel Street, Windhoek, Namibia</td>
<td>Phone: +264 81 322 3086</td>
<td>Email: <a href="mailto:namibia@etacollege.com">namibia@etacollege.com</a></td>
</tr>
<tr>
<td>Phone: 021 671 1060</td>
<td>Email: <a href="mailto:capetown@etacollege.com">capetown@etacollege.com</a></td>
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<tr>
<td>WPCC Sports Centre, Avenue de Mist Rondebosch</td>
<td>69 Pickering Street, Newton Park, Port Elizabeth</td>
<td>Phone: 041 364 0466</td>
<td>Email: <a href="mailto:portelizabeth@etacollege.com">portelizabeth@etacollege.com</a></td>
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<tr>
<td>Phone: 021 671 3054</td>
<td>Email: <a href="mailto:online@etacollege.com">online@etacollege.com</a></td>
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<tbody>
<tr>
<td>Human Performance Institute Shop 2 &amp; 3, Room 25, 44 Isaiah Ntsangase Rd, Moses Mabhida Stadium, Durban</td>
<td>Super Sport Park, 1st Floor West Park Private Suites, Centurion</td>
<td>Phone: 012 663 1296</td>
<td>Email: <a href="mailto:pretoria@etacollege.com">pretoria@etacollege.com</a></td>
</tr>
<tr>
<td>Phone: 031 701 8921</td>
<td>Email: <a href="mailto:durban@etacollege.com">durban@etacollege.com</a></td>
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<tr>
<td>Chalet 24, Buffalo park stadium, Buffalo Park Drive, Arcadia, East London</td>
<td>WPCC Sports Centre, Avenue de Mist Rondebosch</td>
<td>Phone: 021 671 3054</td>
<td>Email: <a href="mailto:paul.laemmle@etacollege.com">paul.laemmle@etacollege.com</a></td>
</tr>
<tr>
<td>Phone: 084 468 9627</td>
<td>Email: <a href="mailto:eastlondon@etacollege.com">eastlondon@etacollege.com</a></td>
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<th>Eta</th>
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<tbody>
<tr>
<td>CJ Langenhoven Street, Eco Stop Centre Block B, George</td>
<td>House 19 Herold St, Stellenbosch 7600</td>
<td>Phone: 044 873 0842</td>
<td>Email: <a href="mailto:stellenbosch@etacollege.com">stellenbosch@etacollege.com</a></td>
</tr>
<tr>
<td>Email: <a href="mailto:george@etacollege.com">george@etacollege.com</a></td>
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