



# personal trainer

LEARN MORE

SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness



# about this programme



86 Credits,  
NQF Level 5

This 6-month practical programme gives you the vital knowledge and skills needed to embark on your career in fitness. Your studies will teach you how to apply the principles of exercise science to fitness testing, exercise programmes and training methods.

Qualifying as a personal trainer, you can enter the world of fitness training, helping clients change their lifestyles through exercise.



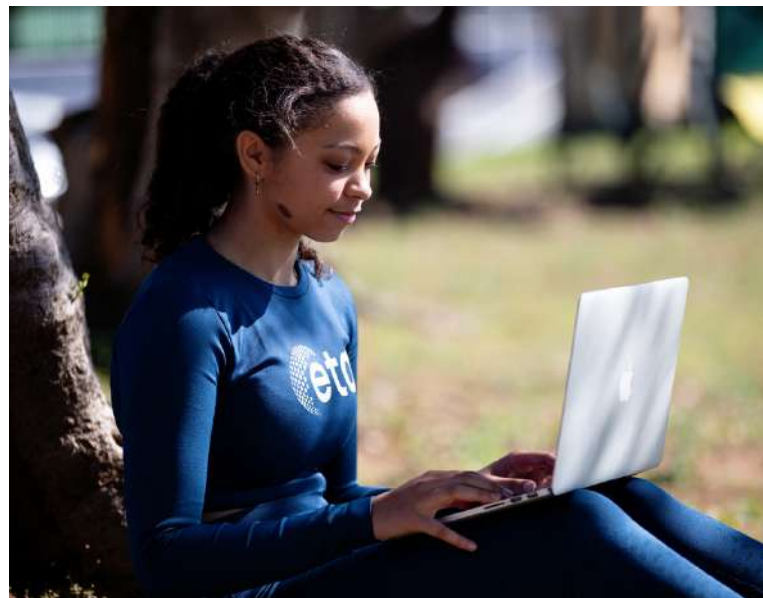
6  
months



Assessment is  
both theory  
and practical.



Our learning  
environment is  
technology driven so  
you will need to bring  
a laptop to class.



**REGISTER NOW**



# technical requirements

eta Connect



Students must have their own device, especially a laptop. If you do not have your own laptop or PC, these are available for students when on campus.

## WORD OF CAUTION:

The learning activities and content of our programmes require that the primary device that you will use should be a desktop computer and/or a laptop computer. Although you may find it beneficial to use a mobile device like a smartphone or a tablet when you are “on the move” to quickly access your programme, mobile devices are not considered sufficient to meet the technical requirement of our programmes. There are computers available at each campus to assist you on your eta journey.



Own data is essential if students work off-campus. Wifi is free on campus and can be accessed before, during and after classes



eta provides study spaces with devices and wifi  
eta likes to work on a no-homework policy so students can complete their studies on campus



Access to all learning resources, library books and journals are included in eta tuition fees

**PLEASE REFER TO OUR LEARNER  
MANAGEMENT GUIDE TO  
READ MORE DETAILS**

**DOWNLOAD GUIDE**



# admission requirements



## Admission to NQF Level 5 Personal Trainer

The minimum requirement for admission to Personal trainer programme is either:

- A National Senior Certificate (NSC) with Higher Certificate admission and compliance with the language requirements for eta. The NSC pass required is an elementary achievement (rating code 2/F) with an overall score of 30% and a minimum pass of 30% in English.

# fee breakdown



## UPFRONT

PART TIME & ONLINE

**R 9 950**

Inclusive of registration fee

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## PART TIME

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Inclusive of registration fee

# recognition of prior learning (RPL)



RPL emerges from a global demand to increase access to higher education.

RPL policies encourage providers to develop systems that enable the recognition of learning, allowing previously disadvantaged people, for whatever reason, to be able to access to a learning pathway in higher education. The RPL driving force is social justice and fairness, so no-one should be barred from higher education. At eta College, RPL can enable access to a qualification that allows you to work in the fast-growing sport and fitness sector, where competent employees are critical for the growth of the profession (Skills Development Act, 1998, Skills Development Amendment Act, 2008).

There are different types of RPL, which includes the following

- RPL for Access process which is specifically designed for those students who have not been able to meet the minimum requirements for access.
- If you have prior formal learning in credit-bearing modules or a completed qualification, it is possible for such credits to be recognised and for you to be exempt from learning you have already completed.
- If you are someone of advanced standing and did not complete a Matric (NSC) or your results were not sufficient to access higher education in the past, your work and life experience may enable you to access to higher learning now.
- If you have relevant and recent work experience that matches the learning in the qualification you want, it is possible for your knowledge and skills to be recognised and to access a higher education pathway. You may even be exempt from some modules if your work experience has given you the right level of knowledge and skills.

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# how will this qualification help differentiate yourself?



You are passionate about fitness and want to work in the fitness industry. You love learning about health and fitness and want to help others.



You work full time and want to learn more about current science to enhance your own exercise knowledge and possibly change your current 9-5!



You have transformed your physique through nutrition and fitness and would love to help others change their lives by understanding the exercise science that underpins the roles of nutrition and exercise in good health.

## **AFTER COMPLETING THIS PROGRAMME YOU'LL BE CONFIDENT IN YOUR ABILITY TO:**

- Apply anatomical and biomechanical principles to physical activity
- Apply principles of sport and exercise physiology
- Design exercise programmes
- Conduct a screening procedure
- Test and evaluate health related fitness
- Promote an awareness of nutritional principles
- Instruct exercise to individuals and groups
- Motivate and encourage participation in physical activity
- Operate professionally in a sport, recreation or fitness environment
- Supervise the use of a fitness facility and equipment
- Maintain a fitness environment and equipment
- Provide for safety & risk management in sport, fitness or recreation
- Apply entrepreneurship to the administration of a fitness business

# what will you learn on this programme?

See the Courses included in this programme:

**COURSE 1: KINESIOLOGY**

**COURSE 2: EXERCISE SCIENCE**

**COURSE 3: NUTRITION**

**COURSE 4: ASSESSMENT AND TESTING**

**COURSE 5: EXERCISE PROGRAMME DESIGN  
AND IMPLEMENTATION**

**COURSE 6: FITNESS FACILITY ORIENTATION  
AND SUPERVISION**

**COURSE 7: LEAD EXERCISE SESSIONS**

**COURSE 8: SAFETY AND RISK MANAGEMENT**

**COURSE 9: FITNESS BUSINESS MANAGEMENT**



# what career can i go into once i am qualified

The programme allows you entry into the health and fitness industry. It is a stepping stone that allows you to explore your passion by studying further in your area of interest.

- Corporate Wellness Consultant
- Group Exercise Instructor

## REPSSA Professional Body

Personal Trainer



READ MORE ON REPSSA



## WHO WILL HIRE ME?

- Private companies to head up their private/corporate gyms
- Self employment – as a business owner and entrepreneur
- Fitness facilities – large gyms and fitness facilities as personal trainers/floor instructors or group exercise instructors

**THIS SOUNDS PERFECT  
FOR MY CAREER**

**I'M READY TO REGISTER**



# NOT QUITE WHAT YOU'RE LOOKING FOR?

Other students found the following programmes relevant to their career goals:

HIGHER  
CERTIFICATE IN  
FITNESS



GROUP EXERCISE  
INSTRUCTOR



## CONTACT US:

Complete an online enquiry form

[CLICK HERE](#)



FITNESS  
INSTRUCTOR

