



# diploma in sport and exercise

LEARN MORE

---

**SCHOOL OF SPORT AND EXERCISE**

Enter the ever changing world of coaching

# about this programme



360 Credits,  
NQF Level 6  
SAQA ID: 10654

This is a unique 3-year diploma programme, concentrating your studies on the field of applied sport science, sport analytics, movement learning theory and sport coaching. It includes current scientific research, which informs your professional practice and your ability to analyse sport in a range of ways. You learn how to apply current scientific theory to sport strategies and tactics and the improvement of athletic performance.

On completion of this programme you will have a depth of knowledge in performance analysis, sports conditioning and coaching science.



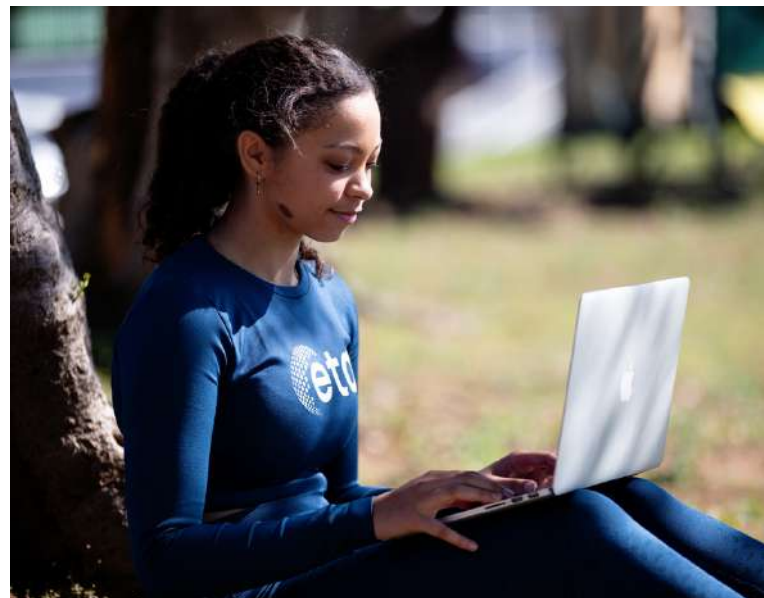
3 years



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](#)



# practical requirements



## EQUIPMENT REQUIRED:



Cones x 10



Ladders



Stop Watch



Measuring tape



Scale (weight)



Whistle



Tape measure (5 & 10 m)

# assessment requirements



Students must have access to a device that has the functionality to video record and take photos, a smartphone will work perfectly.

eta Faculty will guide you on what apps you will be required to download in order to fulfill all the assessment requirements.

# fee breakdown (Y1)

Registration fee:  
R1500 (forms part of  
the total fee)



## EARLY BIRD

R61 500

(total fee due end of December 2023)



## UPFRONT

R63 500

(total fee due end of January 2024)



## TERM PAYMENTS

R67 500

(total fee due over 4 payments)

1

### Term 1

R15 375 (31st Jan)

2

### Term 2

R 16 875 (7th April)

3

### Term 3

R 16 875 (7th July)

4

### Term 4

R 16 875 (7th July)

# admission requirements



## Admission to Diploma, NQF Level 6

The minimum requirement for admission to Diploma programmes is either:

- A National Senior Certificate (NSC) with Diploma admission with minimum of 30% in English, coupled with an achievement rating of 3 (moderate achievement 40-49% or better in four recognised NSC 20-credit subjects).
- A National Certificate Vocational (NCV). A student must (a) achieve at least 50% in three fundamental subjects including the language of learning and teaching in the higher education institution, (b) achieve at least 60% in the three compulsory vocational subjects.
- A Senior Certificate (SC) (with relevant endorsement) or equivalent. A Further Education and Training Certificate (NQF 4) in a cognate field e.g. fitness, coaching or sport administration.
- A Higher Certificate or Advanced Certificate in a cognate field.

# programme accreditation

Exercise Teachers Academy PTY Limited (trading as eta College) 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.

This NQF level 6 Learning programme is accredited by the Council on Higher Education (CHE). The qualification it achieves is registered on the Higher Education Qualifications Sub Framework

# 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.

[LEARN MORE](#)



# how will this qualification help differentiate yourself?



You would like to work as a Sport Coach at a School or Sport Club and understand how to practically apply training or conditioning programmes.



You would like to learn how to design, implement and manage safe and effective sport conditioning and/or performance-based exercise programmes.



You see yourself using current information technology to analyse, interpret, and prescribe correct movement patterns, sporting tactics and movement execution.

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

- Apply the science of testing and evaluation to the design, management and implementation of sport skills and technique-based training programme.
- 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.



# what will you learn on this programme?

Find out more about what you will learn as you progress through the three years of this programme:

## YEAR 1

### **COURSE CATEGORY 1 SPORT AND RECREATION STUDIES**

Sport and Fitness Studies

### **COURSE CATEGORY 2 SPORT AND EXERCISE SCIENCE**

Exercise Science I

Coaching Science I

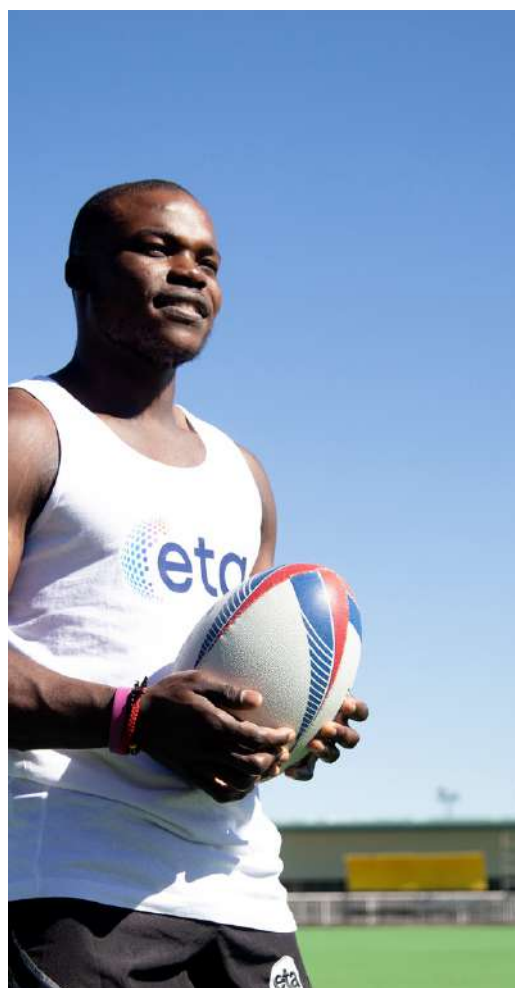
Performance Analysis I

### **COURSE CATEGORY 3 HEALTH, SAFETY AND SPECIAL NEEDS**

Health and Safety in Sport

### **COURSE CATEGORY 4 BUSINESS AND MANAGEMENT STUDIES**

Sport Management and Professional  
Practice in Coaching



# what will you learn on this programme?

Find out more about what you will learn as you progress through the three years of this programme:

## YEAR 2

### COURSE CATEGORY 1

#### SPORT AND EXERCISE SCIENCE

Training Methods and Programme Design

Exercise Science II

Coaching Science II

Performance Analysis II

### COURSE CATEGORY 2

#### HEALTH, SAFETY AND SPECIAL NEEDS

Health Management and Injuries in Sport

## YEAR 3

### COURSE CATEGORY 1

#### SPORT AND EXERCISE SCIENCE

Coaching Science III

Performance Analysis III

Specialised Conditioning and Assessment

Performance and Coaching Science Capstone



# why study at a campus?

- Qualified lecturers
- Scheduled sessions
- Exposure to industry professionals through the campus
- Technologically mediated teaching
- Superior facilities
- Opportunity to make friends
- Guided practical sessions
- Resource centre
- In-class feedback
- Attend a graduation
- Access to eta Connect (Learning Management System)
- Access to e-library (eBooks, journals, articles and so much more)
- Access to Office 365 account
- Industry-ready when qualified



# what career can i go into once i am qualified

The programme allows you entry into the sport, recreation and fitness industry.

- Senior Sport Coach
- Sport Conditioning Coach
- Sport Performance Analyst

## REPSSA Professional Body

Sport Science Conditioning Specialist or a Sport Conditioning Coach

## WHO WILL HIRE ME?

- Schools
- Sports Clubs or Sporting Federations
- Self employment – as a business owner and entrepreneur



READ MORE ON REPSSA



**THIS SOUNDS PERFECT  
FOR MY CAREER**

**REGISTER NOW**



# NOT QUITE WHAT YOU'RE LOOKING FOR?

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

DIPLOMA IN  
SPORT &  
RECREATION  
MANAGEMENT



HIGHER  
CERTIFICATE IN  
COACHING  
SCIENCE



HIGHER  
CERTIFICATE IN  
FITNESS



## CONTACT US:

Complete an online enquiry form

[CLICK HERE](#)

