



# national certificate in fitness

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**SCHOOL OF SPORT AND EXERCISE**  
Enter the ever changing world of fitness



# about this programme



137 Credits,  
NQF Level 5

This one year programme combines theoretical knowledge and practical application to pursue a career in the exercise, fitness and the wellness industry. More than ever, people are prioritizing lifestyle, health, self-care and well-being. This learning journey will enable you to apply principles of exercise science, including screening procedures and fitness testing, to design appropriate and individualised training programmes for health, fitness and wellness. You will be exposed to various training methods of exercise to promote health and to improve fitness. To ensure healthy lives and well-being, we all have to take action. You will expand your knowledge on health promotion and how to communicate professionally. Furthermore, you will become a role-model and leader for many, because of your ability to implement activities and training online and physically. We will equip you with the skills to start your own successful business. So take action and join this learning journey, it is your first step to lifelong learning!



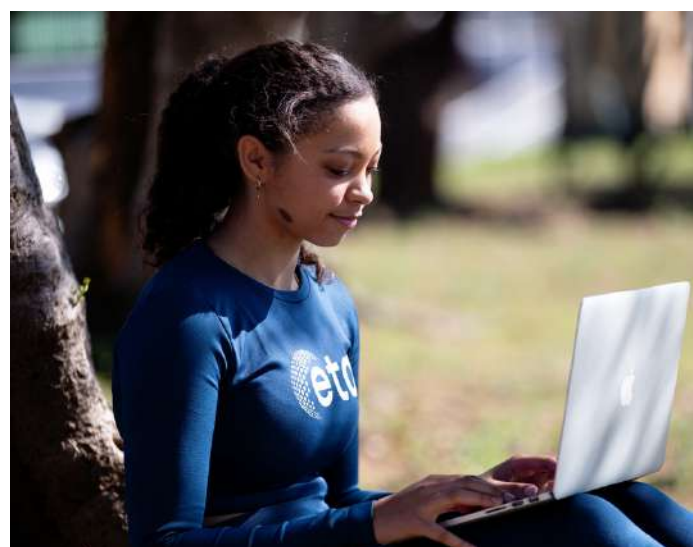
1 year



Assessment is both theory and practical.



Our online learning environment is technology driven so you will need to have a laptop.



**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, make provision to have access to one during the programme.

## 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.



Own data is essential.



eta provides study spaces with devices and wifi, as a distance learning student you can request access to the campus facilities.



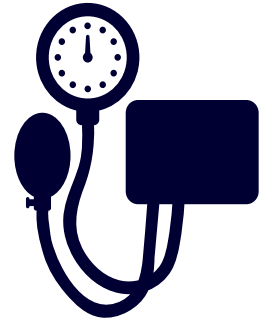
Access to all learning resources and journals are included in eta tuition fees.

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

**VIEW GUIDELINE HERE**



# practical requirements



## EQUIPMENT REQUIRED:



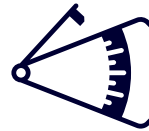
Manual Blood Pressure Machine



Stethoscope



Stop Watch



Skinfold Calipers



Scale (Weight)



Measuring Tape



Height Stadiometer

# 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

R29 500

(total fee due end of December 2023)



## UPFRONT

R32 500

(total fee due end of January 2024)



## TERM PAYMENTS

R34 500

(total fee due over 4 payments)

**1**

### Term 1

R 8 250 (31st Jan)

**2**

### Term 2

R 8 250 (7th April)

**3**

### Term 3

R 8 250 (7th July)

**4**

### Term 4

R 8 250 (7th Oct)



# admission requirements



## Admission to NQF Level 5 National Certificate

The minimum requirement for admission to National Certificate programmes 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 30-39% and a minimum pass of 30% in English.
- A National Certificate Vocational (NCV) and compliance with the language requirements for eta.
- An alternative matriculation exam e.g. Independent Examination Board (IEB) which is the body representing private schools and compliance with the language requirements for eta.
- A further Education and Training Certificate (NQF 4) in a cognate field e.g. fitness, coaching or sport administration.
- Under certain conditions, level 4 Occupational Certificates in a cognate field may be considered for admission plus relevant work experience (see RPL policy).

# 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 5 Learning programme is accredited by CATHSSETA. 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.

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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 are a physical education teacher and want to learn more about current science to enhance your own exercise knowledge.



You work in the leisure, hotel or spa sector, running fitness classes or recreation activities for guests and want to have a qualification.

## **AFTER COMPLETING THIS PROGRAMME YOU'LL BE CONFIDENT IN YOUR ABILITY 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 for individuals and groups.



# what will you learn on this programme?

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

## **COURSE 1**

### **SPORT AND EXERCISE SCIENCE**

Kinesiology (Applied Anatomy, Biomechanics)  
Exercise Science (Exercise Physiology, Training Principles and Methods)  
Nutrition Principles (Nutrition Principles)  
Screening and Assessment (Screening, Testing)  
Exercise Programme Design (Exercise Programme Design)

## **COURSE 2**

### **HEALTH, SAFETY AND SPECIAL NEEDS**

Special Needs in Fitness (Special Needs and Disabilities, Principles of Coaching Disabled)  
Health and Safety in Sport and Exercise (Safety and Risk, HIV & Aids)

## **COURSE 3**

### **COACHING, TEACHING AND INSTRUCTION IN SRF**

Instructing Exercise to Individuals and Groups (Instructing Groups, Instructing Individuals)  
Professional Communication (Professional communication)  
Health Promotion (Motivation, Lifestyle & wellness)

## **COURSE 4**

### **BUSINESS AND MANAGEMENT STUDIES**

Entrepreneurship & Fitness Business Management (Entrepreneurship, Management Principles)



# why study via distance learning?

- Flexible learning environment, you choose when and where you want to study, you have the autonomy!
- Increase social networking – you will meet students from all over, studying the same qualification
- Easy and user-friendly access to eta's Learning Management (LMS) system etaConnect
- Academic Instructors support - with only one click you can get help or advice from our qualified online Academic Instructors.
- Regular online scheduled sessions for Q&A
- Feedback - you will get individualised feedback from our tutors
- 21st Century Skills such as self-directed learning, self-reliance, self-motivation and time management, all skills we require now and for the future.
- Exposure to industry professionals through webinars
- Technology mediated learning
- Guided online sessions
- Access to our eLibrary and a variety of online resources
- Your own Office 365 account with access to the Microsoft office suite



# what career can i go into once i am qualified

The programme allows you entry into the health and fitness industry.

- Personal Trainer
- 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**

**REGISTER**





# NOT QUITE WHAT YOU'RE LOOKING FOR?

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

NATIONAL  
DIPLOMA IN  
FITNESS



PERSONAL  
TRAINER

**CONTACT US:**

Complete an online enquiry form

**CLICK HERE**

FITNESS  
INSTRUCTOR