



# national diploma in coaching science

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eta

SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of coaching

# about this programme



120 Credits,  
NQF Level 5  
SAQA ID: 67692

This highly practical two-year course will equip you to work as a sports coach and respond to the unique demands of top level sport. You will learn how to provide and modify intermediate and advanced level sport experiences, according to the social, emotional and physical changes that occur as players develop from childhood through youth to adulthood.

You will be groomed to target employment prospects in schools, clubs, government and private institutions nationally and internationally or run your own private coaching practice.

This two-year learning journey will enable you to apply principles of exercise science, including screening, assessment, and fitness testing, and design relevant training programmes for sport.

You will be exposed to various methods and techniques to improve sport conditioning, sharpen form, and enhance sport skills. As a coach, you will motivate and encourage individuals and teams, and learn how to have a positive influence on people's life-long engagement in physical activity and sport. You will understand the various stages of a child's development and will learn how to identify talent and apply your knowledge, leadership skills, and emotional intelligence to support and motivate young athletes to become the best they can be.

Finally, this programme will help you to become an inspiring role model for many, because of your ability to lead a range of coaching activities, on the field or adapting to different contexts, including online sport coaching. We will also equip you with the skills to start your own successful business. So, act now and join this learning journey, it is your first step to lifelong learning!



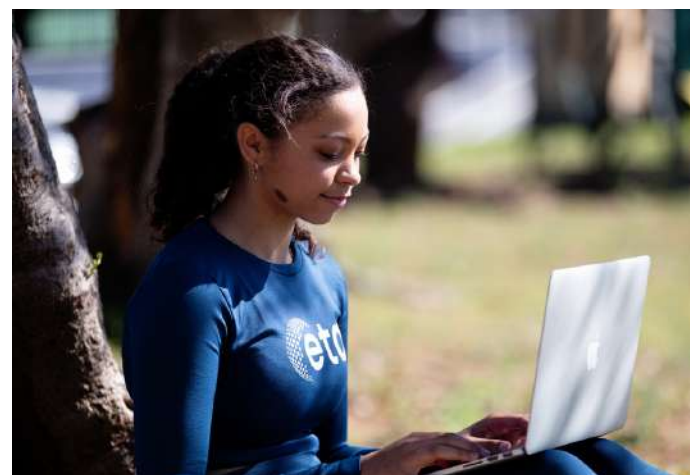
2 years



Assessment is both theory and practical.



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



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# 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.



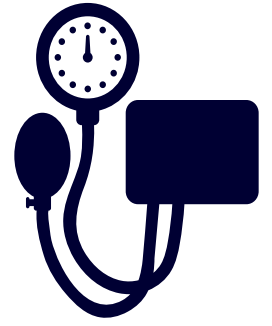
Access to all learning resources and journals are included in eta tuition fees.

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

[VIEW GUIDELINE HERE](#)



# practical requirements



## EQUIPMENT REQUIRED:



Manual Blood Pressure Machine



Stethoscope



Cones x 10



Tape Measure (5 & 10 m)



Stop Watch



Measuring Tape



Scale (Weight)



Whistle

# 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

R30 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 Diploma

The minimum requirement for admission to Higher 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 learning programme has been designed to achieve the Higher Certificate in Coaching Science, registered on the Higher Education Qualifications Sub-Framework at level 5, SAQA ID 97693.

# 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 sport and coaching and aspire to impact children for a lifelong commitment to activity and sport.



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



You work as a health science professional and wanting to expand your knowledge on coaching sport skills and conditioning.



You would like to work closely with the five federations. We ensure you attend their level 1 course (which is included in your fees). Football, Netball, Rugby, Hockey, Cricket.

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

- Coach intermediate and advanced sport performers in a chosen sport specialisation.
- Reflect an understanding of the interdependence of assessment, fitness, skill, tactics, nutrition and sport psychology in the design of a periodized training year.
- Demonstrate current knowledge of the rules of your chosen specialisation, including knowledge about the use and abuse of drugs and other ergogenic aids related to sport performance.
- Communicate effectively with players, colleagues, employers, parents/guardians, public and media.
- Understand the scope of legal and ethical responsibilities that comes with a coaching position.



# what will you learn on this programme?

## YEAR 1

### COURSES

Kinesiology  
Exercise Science  
Screening, Assessment & Testing for Sport  
Coaching Science  
Coaching Sport to Individuals & Groups  
Coaching a Specific Sport  
Special Needs in Sport Coaching  
Management & Administration in Coaching

## YEAR 2

### COURSES

Mental Skills  
Sport and Exercise Science  
Sport Injuries and Health Management  
Screening, Assessment and Programming for Sport  
Sport Nutrition  
Intermediate to Advanced Performers  
Organisation of Sport & Business Management

# 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 sport, exercise and fitness industry.

This level 5 coaching science qualification will give you knowledge and skills to work as a sport coach, coaching children in a selected sport. You can work in private practice or in schools or sports clubs, according to the requirements, rules and laws of your sport federation. Once qualified and with the required practical coaching hours, you will be eligible to register for the professional designation of Coaching Assistant with the South African Sports Coaching Association (SASCA).

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

- Sports School Coach
- Sports Club Coach



READ MORE ON REPSSA



## WHO WILL HIRE ME?

- Schools
- Self employment – as a business owner and entrepreneur
- Sporting facilities

**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:

NATIONAL  
DIPLOMA IN  
FITNESS



PERSONAL  
TRAINER



FITNESS  
INSTRUCTOR



## CONTACT US:

Complete an online enquiry form

[CLICK HERE](#)

