



national diploma in fitness special populations

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about this programme



247 Credits,
NQF Level 5
SAQA ID: 67691

You are able to design, manage and monitor exercise programmes for each special population group (pregnancy, children and youth, older adults, and athletes) who want to enhance their health and improve their fitness. Additionally, because lifestyle diseases are increasing in their prevalence across all spectra of the population, you will also learn about the chronic diseases of lifestyle so that you can assist clients in reducing their disease risk, promote their health and enhance their fitness, while working within your professional scope of practice. In the context of special populations, once qualified, you are able to screen, assess and fitness test special population groups. You will also be able to implement safe and effective exercise programmes for special population groups. Additionally, you will be able to provide advice and support in terms of health, lifestyle and exercise management to special population groups.



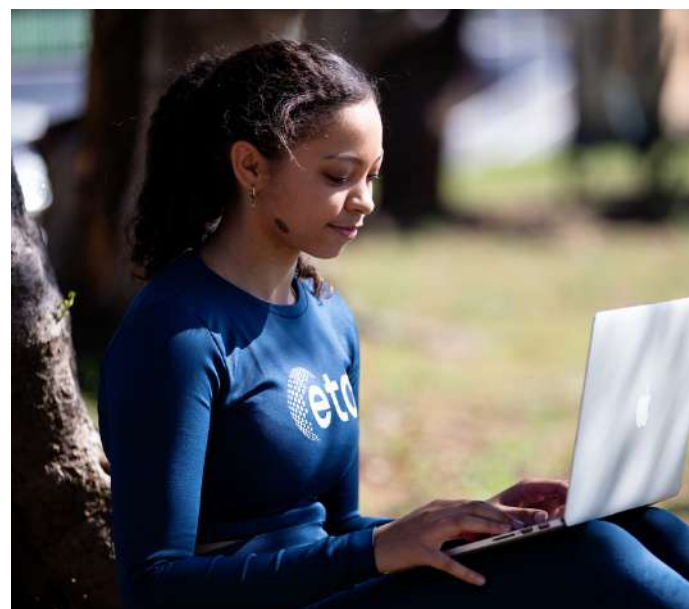
2 years



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.



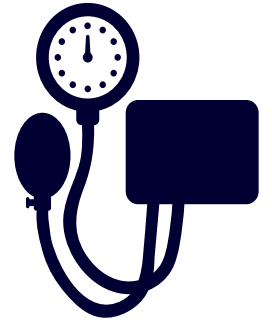
Access to all learning resources and journals are included in eta tuition fees.

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

VIEW GUIDELINE HERE



practical requirements



EQUIPMENT REQUIRED:



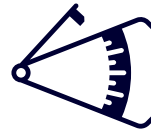
Manual Blood Pressure Machine



Stethoscope



Stop Watch



Skinfold Calipers



Scale (Weight)



Measuring Tape



Height stadiometer

assessment requirements



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

eta Academic Instructors will guide you on what apps 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 900

(total fee due end of December 2023)



UPFRONT

R31 900

(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 (31st April)

3

Term 3

R 8 250 (31st July)

4

Term 4

R 8 250 (31st Oct)

admission requirements



Admission to National Diplomas, NQF Level 5

Admission to National Diplomas is based on the successful completion of a level 5 Higher Certificate or National Certificate in a cognate field. See below for specific programmes.

- For candidates who wish to enter a National Diploma, but may not have the specific admission criteria, please refer to the Policy for Recognition of Prior Learning (RPL) to determine possible credit accumulation and transfer.

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 excluded 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 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 you?



You are passionate about fitness and want to receive advanced training in the apparently healthy and special population groups.



You work at a school and would like to start incorporating more specified training into your sessions with athletes or more relevant fitness training with children and adolescents.



You work at a sport facility or club, running fitness sessions and would like to offer this service to professional athletes and/or pregnant women, older adults and children and adolescents.

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

- Perform assessments and fitness tests for apparently healthy individuals and special populations groups of your choice.
- Design exercise programmes for apparently healthy individuals and special population groups of your choice.
- Demonstrate knowledge of health and safety standards and professional scopes of practice.

what will you learn on this programme?

Here's what you will learn as you progress through the courses of this programme:

YEAR 1

Kinesiology
Exercise Science
Nutrition Principles
Screening & Assessment
Exercise Programme Design
Special Needs in Fitness
Health and Safety in Sport and Exercise
Instructing Exercise to Individuals and Groups
Professional Communication
Health Promotion
Entrepreneurship and Fitness Business Management

YEAR 2

Personal Growth
Lifestyle Coaching
Exercise Physiology and Special Populations
Anatomy and Biomechanics and Special Populations
Assessment and Special Populations
Nutrition for Special Populations
Sport Conditioning and Periodised Training (Elective)
Exercise Programme Design for Children and Youth (Elective)
Exercise Programme Design for Older Adults (Elective)
Exercise Programme Design for Pregnancy (Elective)
Chronic Diseases of Lifestyle and Common Injuries
Public Speaking

why study via distance learning?

- Flexible learning environment, giving you the autonomy to choose when and where you want to study!
- Increase social networking – you will meet students from all over, studying the same qualification.
- Easy and user-friendly access to eta's Learning Management System (LMS) - etaConnect.
- Academic Instructor's 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 online Academic Instructors.
- 21st Century Skills such as self-directed learning, self-reliance, self-motivation and time management, all skills you 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 you go into once you are qualified?

Depending on your electives you choose, the programme allows you entry into the sport, exercise and fitness industry.

- Exercise Specialist
- Sports Conditioning Trainer

REPSSA Professional Body

Exercise Specialist

Sports Conditioning Trainer



READ MORE ON REPSSA



Who will hire you?

- Sport specific, fitness and recreation environments such schools and sport clubs.
- Self employment – as a business owner and entrepreneur.
- Fitness facilities –Work as a advanced trainer in all fitness environments.

**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
CERTIFICATE IN
FITNESS



PERSONAL
TRAINER



CONTACT US:

Complete an online enquiry form

CLICK HERE



FITNESS
INSTRUCTOR

