



Advanced Personal Trainer

LEARN MORE

SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

about this programme

 N/A Credits

 8 months

 Assessment is both theory and practical.

This programme prepares students to become knowledgeable and professional fitness and wellness practitioners who can support individuals in improving their health, fitness, and overall well-being. Through a combination of scientific knowledge, practical training, and applied coaching skills, students develop the ability to design safe and effective exercise programmes, motivate clients, and promote healthy lifestyle changes.

Students gain a strong foundation in human anatomy, biomechanics, exercise physiology, and nutrition, enabling them to understand how the body responds to physical activity and how training programmes can be adapted to meet individual needs. The programme also focuses on fitness screening, health assessment, and programme design, equipping graduates with the skills to safely guide individuals through physical activity and monitor their progress.

In addition to technical fitness knowledge, the programme emphasises behaviour change, psychology, and health promotion, preparing students to support clients in adopting sustainable lifestyle habits. Students learn evidence-based coaching approaches and intervention strategies used in health and wellness coaching to help individuals improve their health outcomes.

Practical industry skills are also developed, including exercise instruction, facility supervision, safety and risk management, and professional practice within sport and fitness environments. The programme further introduces students to entrepreneurship and business principles, preparing graduates to work in fitness facilities, wellness programmes, or to start their own fitness or wellness-related business.

By the end of the programme, graduates are equipped with the knowledge, practical skills, and professional competencies required to work confidently in the fitness, wellness, sport, and recreation industries, supporting individuals and communities in leading healthier and more active lives.



REGISTER NOW



technical requirements

eta Connect



“STUDENTS CAN CHOOSE FROM 2 STUDY MODES – PART TIME OR DISTANCE LEARNING. PART TIME WILL REQUIRE THE STUDENT TO ATTEND A WEEKLY CLASS AT ONE OF OUR CAMPUSES, WHILE DISTANCE LEARNING IS COMPLETELY ONLINE AND DOES NOT REQUIRE ATTENDANCE.”

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.

To participate fully in this programme, students will need:

- A personal laptop
- Reliable internet access
- A smartphone for communication and learning activities

The eta uses technology-enhanced learning platforms to support teaching, assessments, and student engagement.

PLEASE REFER TO OUR LEARNER MANAGEMENT GUIDE TO READ MORE DETAILS

VIEW GUIDELINE HERE



Practical Requirements



THIS PROGRAMME INCLUDES A STRONG PRACTICAL COMPONENT TO ENSURE STUDENTS DEVELOP THE HANDS-ON SKILLS REQUIRED TO WORK EFFECTIVELY IN THE FITNESS AND WELLNESS INDUSTRY. STUDENTS WILL BE REQUIRED TO:

Participate in Practical Exercise Sessions

Students will actively participate in practical training sessions where they learn to demonstrate and instruct exercises safely and effectively for individuals and groups.

Conduct Fitness Assessments

Students will perform health screening procedures and conduct fitness testing to evaluate components such as cardiovascular fitness, strength, flexibility, and body composition.

Design and Implement Exercise Programmes

Students will develop and implement exercise programmes based on individual needs, goals, and fitness levels, while monitoring progress and making appropriate adjustments.

Practice Exercise Instruction and Coaching

Students will gain experience leading exercise sessions, coaching participants, and applying motivational and communication techniques to support adherence to physical activity programmes.

Apply Health and Wellness Coaching Techniques

Students will work with participants to identify health behaviours, apply behaviour change models, and develop strategies to support healthier lifestyle choices.

Work with Real Participants

Students may be required to work with volunteer participants to conduct assessments, interviews, and behaviour change interventions as part of coaching and research activities.

Demonstrate Professional Practice in Fitness Facilities

Students will learn to supervise equipment use, maintain safe exercise environments, and apply industry safety and risk management practices.

Maintain Professional Standards

Students are expected to follow professional conduct, hygiene, and safety practices appropriate to fitness and wellness environments.

Assessment Requirements



STUDENTS IN THIS PROGRAMME ARE ASSESSED THROUGH A COMBINATION OF THEORETICAL ASSESSMENTS, PRACTICAL DEMONSTRATIONS, ASSIGNMENTS, AND ENGAGEMENT ACTIVITIES TO ENSURE BOTH KNOWLEDGE AND PRACTICAL COMPETENCY IN FITNESS AND WELLNESS COACHING.

Types of Assessments

1. Online Engagement and Learning Activities

Students are required to actively participate in online learning activities, discussions, and course logbooks. These activities support continuous learning and contribute a small portion of the final mark in several modules.

2. Tests

Knowledge tests assess students' understanding of key theoretical concepts such as:

- Human anatomy and kinesiology
- Exercise physiology and training principles
- Nutrition for physical activity
- Safety and risk management in fitness environments
- Professional practice and fitness business management

These tests are typically multiple-choice or short-answer assessments.

3. Written Assignments and Essays

Students complete written assignments that require them to apply theory to practical scenarios. These include:

- Developing exercise programmes based on client needs
- Analysing fitness assessments and client data
- Writing essays on behaviour change and health promotion theories
- Designing a basic business plan for a personal training practice
- Researching wellness coaching interventions

4. Practical Demonstrations

Several modules include practical assessments where students demonstrate their ability to:

- Perform exercises with correct technique
- Conduct health and fitness assessments
- Lead individual or group exercise sessions
- Supervise gym equipment and training environments

Students may be required to submit video recordings demonstrating these practical skills.

5. Applied Client-Based Assessments

Some assignments require students to work with volunteer participants to:

- Conduct fitness screenings and health assessments
- Develop exercise programmes
- Apply behaviour change strategies
- Evaluate fitness progress and provide recommendations

Pass Requirement

Students must achieve a minimum pass mark of 50% for each course to complete the programme.

admission requirements



Admission to the Advanced Personal Trainer course

There is no admission requirement to begin studying the Advanced Personal Trainer course, however it is beneficial for students to have achieved the below standard in their matric results:

- 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 & OR DISTANCE
LEARNING

R 19 500

Inclusive of registration fee

how will this qualification help differentiate yourself?

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

This qualification equips you with a strong combination of scientific knowledge, practical coaching skills, and professional industry competencies, allowing you to stand out in the competitive fitness and wellness industry.

You develop expertise in exercise science, programme design, fitness assessment, and behaviour change coaching, enabling you to support clients in achieving sustainable health and fitness outcomes. The programme also emphasises evidence-based practice, ensuring you can apply scientifically sound methods when designing training and wellness interventions.

Through practical training and applied assessments, you gain real-world experience in leading exercise sessions, conducting fitness testing, supervising gym environments, and implementing personalised training programmes. This practical exposure prepares you to work confidently with individuals and groups in professional fitness settings.

The inclusion of health promotion, psychology, and wellness coaching further differentiates you by enabling you to support long-term lifestyle change rather than focusing only on exercise instruction.

In addition, you develop entrepreneurial and business skills, including marketing, client management, and basic business planning, preparing you to operate as a personal trainer, wellness coach, or fitness entrepreneur.

You therefore enter the industry with a balanced skill set that combines science, coaching, business acumen, and professional practice, making you a valuable professional across the fitness, wellness, and health promotion sectors.

what will you learn on this programme?

See the Courses included in this programme:

1. Human Anatomy and Biomechanics

Gain a solid understanding of how the human body moves. This module explores anatomical structures, joints, muscles, and biomechanical principles relevant to exercise and sports performance. You learn how to apply this knowledge to modify physical activity safely and effectively.

2. Exercise Physiology

Understand how the body responds and adapts to physical activity. This module covers energy systems, cardiovascular and muscular responses to exercise, and how physiological principles are used to design effective fitness programmes.

3. Nutrition for Physical Activity

Learn how nutrition supports health, fitness, and performance. Explore key nutritional principles and develop the ability to guide clients toward healthy eating habits that complement physical activity and training.

4. Fitness Screening and Risk Assessment

Develop the skills to safely assess clients before participation in exercise programmes. This module focuses on using screening tools to identify health risks and determine appropriate physical activity participation.

5. Fitness Testing and Evaluation

Learn how to measure and evaluate key components of health-related fitness. Conduct fitness assessments, interpret results, and use the information to guide exercise programme design and track progress.

6. Behaviour Change and Motivation

Explore strategies to motivate individuals to adopt and maintain an active lifestyle. This module focuses on communication, coaching techniques, and behavioural strategies that help clients achieve long-term health and fitness goals.

7. Exercise Programme Design

Learn how to design safe, effective, and personalised exercise programmes for individuals and groups. Develop the skills to plan, implement, monitor, and adapt training programmes based on client needs and goals.

what will you learn on this programme?

8. Safety and Risk Management in Fitness

Understand how to create safe exercise environments and manage potential risks in sport and fitness settings. Learn safety protocols, risk management strategies, and responsible supervision practices.

9. Exercise Instruction and Coaching

Develop practical skills to instruct individuals and groups in a variety of exercise sessions. This module focuses on teaching techniques, communication skills, and safe exercise demonstration.

10. Fitness Facility Supervision

Learn how to manage and supervise fitness facilities and equipment. Gain the skills to support members, ensure proper equipment use, and maintain a safe training environment.

11. Professional Practice in Sport and Fitness

Understand the professional roles, responsibilities, and ethical standards within the sport, fitness, and recreation industries. Explore industry expectations and workplace professionalism.

12. Sport and Fitness Entrepreneurship

Develop the skills needed to operate or manage a sport or fitness business. Topics include marketing, customer service, business operations, and administrative practices within the fitness industry.

13. Facility Maintenance and Hygiene

Learn how to maintain a safe and hygienic fitness environment. This module covers equipment maintenance, facility management, and hygiene practices to ensure high standards in fitness facilities.

14. Psychology and Health Promotion Theories and Practice

This module introduces key psychological and behavioural theories that explain how and why people adopt healthier lifestyles. Explore major psychosocial models used in health promotion and behaviour change, and critically compare their strengths and limitations. The module also helps you to develop self-awareness by evaluating the skills required for effective health and wellness coaching.

15. Health and Wellness Coaching: Best Practice and Intervention

This module focuses on practical strategies for supporting behaviour change and improving health outcomes. Learn evidence-based coaching approaches and apply behaviour change models, such as the Transtheoretical Model, to real-world situations. Through research and applied activities, you will develop the skills needed to guide individuals in making sustainable lifestyle and wellness changes.

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
- Personal Trainer
- Health & Wellness Coach

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



NOT QUITE WHAT YOU'RE LOOKING FOR?

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

HIGHER
CERTIFICATE IN
FITNESS



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INSTRUCTOR

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