



Bachelor of Exercise in Sport and Leisure - Online

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SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of sport and
leisure

about this programme



360 Credits,
NQF Level 7
SAQA ID: 118403

This Bachelor of Exercise in Sport and Leisure provides the depth of theory and level of application needed to inform professional practice in sport, leisure and fitness environments. The core discipline is exercise science, with modules in business management and psycho-social studies to ensure a well-rounded professional. The integration of these knowledge fields ensures that graduates are able to design, manage and implement scientifically-based programmes for a range of participants within a range of sport, fitness or leisure business environments. Qualifying graduates are able to critically respond to the industries they serve, demonstrating the conceptual, applied and reflexive knowledge which informs professional practice. Educated in the latest theories, graduates can design, manage and implement exercise programmes within a wide scope of practice. Ensuring that individual needs and goals are met through leadership, mentoring and motivational techniques learnt through their studies.



3 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:



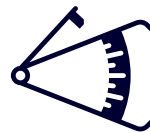
Manual Blood Pressure Machine



Stethoscope



Stop Watch



Skinfold Calipers



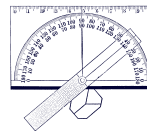
Scale (Weight)



Measuring Tape



Height Stadiometer



Goniometer

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

R 59 900

(total fee due end of December 2026)



UPFRONT

R 62 900

(total fee due end of January 2027)



TERM PAYMENTS

R 66 000

(total fee due over 4 payments)

1

Term 1

R 15 000 (31st Jan)

2

Term 2

R 16 500 (7th April)

3

Term 3

R 16 500 (7th July)

4

Term 4

R 16 500 (7th Oct)

admission requirements



Admission to Bachelor degree, NQF Level 7

The minimum requirement for admission to Bachelor Degree programmes is either:

- A National Senior Certificate (NSC) with bachelor degree admission with minimum of 30% in English, coupled with an achievement rating of 4 (adequate achievement 50-59%) or better in four recognised NSC 20-credit subjects
- A National Certificate Vocational (NCV). A student must achieve at least 60% in three fundamental subjects, including the language of learning and teaching in the higher education institution, and achieve at least 70% in four vocational subjects, chosen from the NC (V) Level 4 subjects.
- A Senior Certificate (SC) (with relevant endorsement).
- 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.

selection requirements

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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 7 Learning programme is accredited by the Council of 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.

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Work Integrated Learning (WIL)



WIL is integrated into the curriculum across the three-years of study, ensuring that students learn within authentic contexts that develop their work-based skills throughout the duration of the programme. Through the interactions and activities within a scaffolded WIL framework for the entire curriculum, students develop the required knowledge and experience that informs their professional practice and work-based competencies by the end of the programmes.

Students use their Experiential Learning Guide to understand all of the requirements and processes of applied WIL. In following this guide, they should be able to implement their applied WIL. All students are assigned to small groups with eta mentors to assist them in determining their range of WIL requirements.

There are a range of work-based agreements (set up locally by an eta campus or nationally, through the eta national office). While students register through Online Learning in Cape Town, this national footprint of agreements allows students to gain access to several workplaces to complete their applied WIL. Should students not be able to make use of one of these workplace options, the eta mentor assists the student in identifying an appropriate place of work, using their experiential learning guide to provide documentation that assists the student.

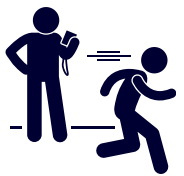


how will this qualification help differentiate yourself?



EXERCISE SPECIALIST

Working in private practice or in a fitness facility providing expertise in exercise programming, counselling, fitness conditioning and advice on exercise – for special population groups



SPORT SCIENCE CONDITIONING SPECIALIST

(REPSSA PROFESSIONAL DESIGNATION)

Working in private practice as a Sport Science Conditioning Specialist, or in a sport club, testing, sport conditioning and advice on sport performance.



FITNESS PROGRAMME MANAGER

Managing fitness programmes, responsible for all key outcomes of the facility's programmes.



LEISURE MANAGER

Managing a health or leisure facility and its programmes, responsible for all key outcomes of the club and its members



SPORT PROGRAMME MANAGER

Managing a sport club or the sport programmes in the club, responsible for all key outcomes of the club and its members

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

- Apply current science and wellness models to sport and leisure programmes.
- Conduct screening, assessment, testing and exercise prescription.
- Design and implement programmes for individual's, communities or organisations.
- Manage business environments in sport and leisure.
- Apply relevant psycho-social knowledge and skills to leadership and management.

Range: includes but is not limited to the application of psycho-social theories and skills when coaching or advising others, instructing groups, leading work-based teams, and/or mentoring colleagues.

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. There are compulsory courses, optional courses, some of which include an experiential learning component.

YEAR 1

SPORT AND EXERCISE SCIENCE

Human Life Science 1
Screening and Assessment 1
Nutrition and Ergogenic Aids 1
Exercise Prescription 1
Programme Management 1

BUSINESS AND MANAGEMENT STUDIES

Theories and Principles of Business and Management

SPORT AND LEISURE STUDIES

Theories of Sport and Leisure

PSYCHO-SOCIAL STUDIES

Academic Thought and Practice: Introduction to Research
Psychology and Health Promotion: Principles and Theories
Facilitating Learning: Teaching Adults and Children



what will you learn on this programme?

YEAR 2

SPORT AND EXERCISE SCIENCE

Human Life Science 2
Screening and Assessment 2
Nutrition and Ergogenic Aids 2
Exercise Prescription 2
Programme Management 2

BUSINESS AND MANAGEMENT STUDIES

Finance Management, Governance, Policy and Professional Practice
Marketing, Sales and Customer Care
Human Resources Management and Industrial Relations

PSYCHO-SOCIAL STUDIES

Academic Thought and Practice: Ethics and Methods of Research
Psychology and Health Promotion: Positive Psychology and Mental Resilience
Leadership: Emotional Intelligence, Critical Self-Reflection, Communication and Presentation Skills



what will you learn on this programme?

YEAR 3

ELECTIVES

SPORT AND EXERCISE SCIENCE

Corporate Wellness: Exercise Programme Design and Management

Community Health: Exercise Programme Design and Management

Sport Conditioning: Exercise Programme Design and Management

Fitness and Health Clubs: Exercise Programme Design and Management

BUSINESS AND MANAGEMENT STUDIES

Fitness and Leisure Management

Sport Programme Management

Corporate Wellness Programme Management

Community Health Programme Management

COMPULSORY

PSYCHO-SOCIAL STUDIES

Academic Thought and Practice: Monitoring and Evaluation

Facilitating Learning: Mentoring and Coaching

Leadership: Leading Change, Leading Teams



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.

Prescribe and Manage a Facility (Health Club/Community Setting/Corporate Gym)

Entrepreneur

Self Employed (Exercise Practitioner)

Exercise Specialist

Sport Conditioning Trainer

Fitness Programme Manager

Leisure Manager

Sport Programme Manager

REPSSA Professional Body

Our degree is aligned with degree programmes overseas. There is portability to international working environments provided through REPPSA – they have awarded the programme a professional designation of Sports Science Conditioning Expert.



READ MORE ON REPSSA

WHO WILL HIRE ME?

Fitness facilities

Sports clubs and recreation centre's

Self employment – as a business owner and entrepreneur

Sports venues

Health and leisure 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:

DIPLOMA IN
SPORT &
EXERCISE



HIGHER
CERTIFICATE
IN
FITNESS

CONTACT US:

Complete an online enquiry form

CLICK HERE

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MANAGEMENT
IN SPORT
AND LEISURE