



advanced certificate in fitness | sport conditioning

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SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

about this programme



120 Credits,
NQF Level 6
SAQA ID: 97813

This one year Advanced Certificate programme builds on from a Higher Certificate. You learn how to apply the principles of sport science to sport conditioning programmes.

Professionally you qualify as a Sport Conditioning Coach, enabling you to advise, fitness test and design sport-specific training programmes for clients who want to improve their sport performance goals.



1 year



Assessment is both theory and practical.



Our learning environment is technology driven so you will need to bring a laptop to class.



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technical requirements

eta Connect



Students must have their own device, especially a laptop.

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.

PLEASE REFER TO OUR LEARNER MANAGEMENT GUIDELINE TO READ MORE DETAILS

VIEW GUIDELINE HERE



practical requirements



EQUIPMENT REQUIRED:



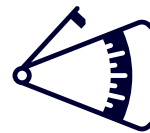
Manual Blood Pressure Machine



Stethoscope



Stop Watch



Skinfold Calipers



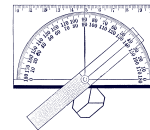
Scale (Weight)



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 65 000

(total fee due end of December 2026)



UPFRONT

R 71 500

(total fee due end of January 2027)



TERM PAYMENTS

R 76 000

(total fee due over 4 payments)

1

Term 1

R 17 500

2

Term 2

R 19 000

3

Term 3

R 19 000

4

Term 4

R 19 000

admission requirements



Admission to Advanced Certificates, NQF Level 6

Admission to Advanced Certificates is based on the successful completion of a level 5 (minimum 120 credits) Higher Certificate or National Certificate in a cognate field. See below for specific programmes.

- The requirement for admission to the NQF level 6 programme for the Advanced Certificate in Fitness is successful achievement of the Higher Certificate in Fitness or a cognate Higher Certificate or National Certificate at NQF level 5,
- For candidates who wish to enter an Advanced Certificate 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 6 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.

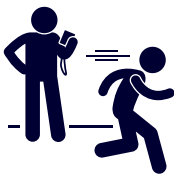
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how will this qualification help differentiate yourself?



You are passionate about fitness and want to receive advanced training in sports conditioning, enabling you to take on professional athletes as clients.



You work at a school and would like to start incorporating more sport conditioning into your sessions and enhancing your player's performance.



You work at a sport facility or club, running fitness sessions and would like to offer this service to professional athletes.

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

- Screen, assess, and fitness test sport performance for athletes.
- Design and periodise safe and effective sport performance programmes.
- Implement and manage safe and effective sport conditioning and/or performance-based exercise programmes for athletes.
- Demonstrate knowledge of health and safety standards and professional scopes of practice.

what will you learn on this programme?

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

COURSE 1

APPLIED SPORT SCIENCE

Applied Anatomy in Sport: Learn about the anatomical structures of the human body and their relationship to each other. Learn the anatomical and bio-mechanical factors that impact sport performance and anatomical and biomechanical characteristics of sport performance. This topic will also teach you different kinds of sport activities relating to anatomical and biomechanical characteristics. **Biomechanics of Sport Movement:** Learn about the bio-mechanical concepts in relation to sport movement and how to analyse sport movements. This topic further provides knowledge on the use of scientific principles of training to inform sport programming and how to apply scientific principles of conditioning to sport training programmes. **Sport Physiology:** Learn about the physiological characteristics, requirements and considerations of sport training and conditioning of performers in different sports.

COURSE 2

SPORT NUTRITION

Sport Nutrition principles: Learn about diet and energy requirements for sport performance and how to assess dietary requirements of sport and physical activities. You will gain knowledge about how to provide guidelines for referral to relevant dietary practitioners when necessary. **Ergogenic aids and banned substances:** Learn about different types of ergogenic aids, their short term and long term effects and associated benefits and risks. This topic further informs you about policies regarding ergogenic aids and drugs in South Africa.

what will you learn on this programme?

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

COURSE 3

SPORT SCREENING AND TESTING

Screening and Assessment for Sport: Learn procedures and testing protocols that are scientifically validated so that you can carry out sport specific tests and interpret results, based on scientifically accepted norms. You will be taught how to collect and interpret data to make informed decisions and set appropriate goals for participation in a sporting environment. Functional Motion Testing: Learn to conduct functional motion testing procedures to identify imbalances and weaknesses of athletes. This topic provides insight on suggested exercises or activities addressing imbalances and weaknesses and how to individualise training programmes for better athlete / client results. Sport Fitness Testing: Learn to conduct sport specific cardiovascular, muscular, stability and flexibility tests appropriate for different levels of athletes, and use testing data to design a sport specific programme.

COURSE 4

SPORT TRAINING

Sport Fitness Conditioning: Learn the principles in order to design and implement sport conditioning programmes for a range of sports. Training Methods for Sport: Learn how to analyse, describe and implement various different training options and modes to create unique and individualised training and conditioning programmes that are athlete and sport specific. Lifting Technique: This topic addresses the theory and correct execution technique of Olympic Lifting. You will also learn how to demonstrate and understand different basic movements and their purpose. Periodisation of Training: Learn about the different theories of periodisation and the range of different fitness and skills training for periodised plans. This will enable you to plan, implement, evaluate, and adapt periodised plans for different athletes and sport.

what will you learn on this programme?

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

COURSE 5

HEALTH MANAGEMENT AND INJURIES IN SPORT

Medical and Health Considerations for Sport: Learn about the risks, effect and benefits of sport in relation to communicable and chronic diseases as well as common illnesses. This topic also informs you how training programmes can be adapted for athletes with chronic diseases or common illnesses. Sport Injuries: Learn about implications of chronic injury for athletes as it relates to training and the management of the injury and future sporting performance. This topic further informs you about the anatomical and physiological factors causing injuries in sport and how to prevent these injuries. You will also learn about guidelines for promoting athlete health and safety.

COURSE 6

SPORT PSYCHOLOGY

Sport Psychology Principles: Learn about the effect of social status and patterns of discrimination in sport on sport performance and the role of sport in character development. This topic will teach you about mental skills training and the benefits of it for sport performance as well as the psychological demands of different sports at different levels of performance. It also teaches you the psychodynamics of injuries and retirement and how to manage these. Motivation in Sport: Learn about current cognitive theories of achievement motivation and a range of motivational strategies applied to sport.

COURSE 7

CAPSTONE PROJECT SPORT CONDITIONING

Research and work-based project, applying sport science principles to sport conditioning: This is a long term project of the course providing an opportunity for learners to integrate and apply theoretical knowledge in a work-based environment over an extended period of time. In the case of this course you will initiate and complete a training programme with an athlete over an extended period of time.

why study at a campus?

- Qualified lecturers
- Scheduled sessions
- Exposure to industry professionals through the campus
- Technologically mediated teaching
- Superior facilities
- Opportunity to make friends
- Guided practical sessions
- Resource centre
- In-class feedback
- Attend a graduation
- Access to eta Connect (Learning Management System)
- Access to e-library (eBooks, journals, articles and so much more)
- Access to Office 365 account
- Industry-ready when qualified



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
Sports Conditioning Coach



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 NOW



NOT QUITE WHAT YOU'RE LOOKING FOR?

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

DIPLOMA IN
SPORT &
EXERCISE



BACHELOR OF
EXERCISE
IN SPORT
AND LEISURE

CONTACT US:

Complete an online enquiry form

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