



Higher Certificate in Fitness

LEARN MORE

SCHOOL OF SPORT AND EXERCISE

Enter the ever changing world of fitness

about this programme



137 Credits,
NQF Level 5
SAQA ID: 96793

The Higher Certificate in Fitness combines theoretical knowledge and practical application to pursue a career in the exercise, fitness and the wellness industry. More than ever, people are prioritizing lifestyle, health, self-care and well-being. This learning journey will enable you to apply principles of exercise science, including screening procedures and fitness testing, to design appropriate and individualised training programmes for health, fitness and wellness. You will be exposed to various training methods of exercise to promote health and to improve fitness. To ensure healthy lives and well-being, we all have to take action. You will expand your knowledge on health promotion and how to communicate professionally. Furthermore, you will become a role-model and leader for many, because of your ability to implement activities and training online and physically. We will equip you with the skills to start your own successful business. So take action and join this learning journey, it is your first step to lifelong learning!



1 year



Assessment is both theory and practical.



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



REGISTER NOW



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:



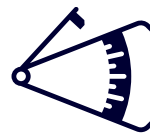
Manual Blood Pressure Machine



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

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 NQF Level 5 Higher Certificate

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 NQF level 5 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.

LEARN MORE



how will this qualification help differentiate yourself?



You are passionate about fitness and want to work in the fitness industry. You love learning about health and fitness and want to help others.



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



You work in the leisure, hotel or spa sector, running fitness classes or recreation activities for guests and want to have a qualification.

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

- Operate professionally in a fitness environment, in consideration of safety and risk factors.
- Provide risk screening, assessment and fitness testing.
- Design and conduct exercise programmes.
- Lead and instruct safe and effective exercise sessions or routines for individuals and groups.

what will you learn on this programme?

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

COURSE 1

SPORT AND EXERCISE SCIENCE

Kinesiology (Applied Anatomy, Biomechanics)
Exercise Science (Exercise Physiology, Training Principles and Methods)
Nutrition Principles (Nutrition Principles)
Screening and Assessment (Screening, Testing)
Exercise Programme Design (Exercise Programme Design)

COURSE 2

HEALTH, SAFETY AND SPECIAL NEEDS

Special Needs in Fitness (Special Needs and Disabilities, Principles of Coaching Disabled)
Health and Safety in Sport and Exercise (Safety and Risk, HIV & Aids)

COURSE 3

COACHING, TEACHING AND INSTRUCTION IN SRF

Instructing Exercise to Individuals and Groups (Instructing Groups, Instructing Individuals)
Professional Communication (Professional communication)
Health Promotion (Motivation, Lifestyle & wellness)

COURSE 4

BUSINESS AND MANAGEMENT STUDIES

Entrepreneurship & Fitness Business Management (Entrepreneurship, Management Principles)



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 health and fitness industry.

- Personal Trainer
- Corporate Wellness Consultant
- Group Exercise Instructor

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

**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
COACHING

CONTACT US:

Complete an online enquiry form

CLICK HERE

HIGHER
CERTIFICATE IN
SPORT
MANAGEMENT