



Higher Certificate in Coaching Science - Online

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Enter the ever changing world of coaching

about this programme



120 Credits,
NQF Level 5
SAQA ID: 96792

This higher certificate coaching science programme is perfect for those wanting to access sports coaching and be able to climb the ladder of the sports coaching profession. Sports coaching can be applied in several domains including children, adolescents and adults, emerging and talented athletes or elite performers in sports. This programme has been designed to target coaching sports to children and graduates would be able to work with experienced sports coaches, according to the requirements of their sport code and school or sports club.

This one-year learning journey will enable you to apply principles of exercise science, including screening, assessment, and fitness testing, and design relevant training programmes for sport.

You will be exposed to various methods and techniques to improve sports conditioning, sharpen form, and enhance sports skills. As a coach, you will motivate and encourage individuals and teams, and learn how to have a positive influence on people's life-long engagement in physical activity and sport. You will understand the various stages of a child's development and will learn how to identify talent and apply your knowledge, leadership skills, and emotional intelligence to support and motivate young athletes to become the best they can be.

Finally, this programme will help you to become an inspiring role model for many, because of your ability to lead a range of coaching activities, on the field or adapt to different contexts, including online sport coaching. It will also equip you with the skills to start your own successful business. So, act now and join this learning journey - it is your first step to lifelong learning!



1 year



Assessment is both theory and practical.



Our online learning environment is technology-driven so you will need access to a desktop or laptop computer.



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 requirements of our programmes.



Own data or Wifi.



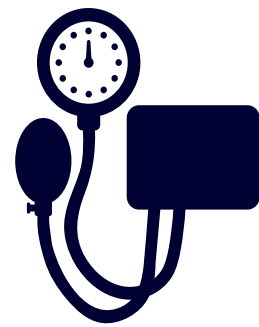
Access to all learning resources, library books and journals are included in eta tuition fees.

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



Ladders



Measuring Tape



Scale (Weight)



Whistle



Tape Measure (5 & 10 m)



Cones x 10

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 apps you will be required to download in order to fulfil all the assessment requirements.

fee breakdown

Registration fee:
R1500 (forms part of
the total fee)



EARLY BIRD

R 35 500

(total fee due end of December 2026)



UPFRONT

R37 500

(total fee due end of January 2027)



TERM PAYMENTS

R41 000

(total fee due over 4 payments)

1

Term 1

R 8750

2

Term 2

R 10 250

3

Term 3

R 10 250

4

Term 4

R 10 250

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 sports 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 learning programme has been designed to achieve the Higher Certificate in Coaching Science, registered on the Higher Education Qualifications Sub-Framework at level 5, SAQA ID 97693.

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 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 include 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 yourself?



You are passionate about sports and coaching and aspire to impact children with a lifelong commitment to activity and sport.



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



You work as a health science professional and want to expand your knowledge on coaching sports skills and conditioning.



You would like to work closely with the five federations. We ensure you attend their level 1 course (which is included in your fees). Football, Netball, Rugby, Hockey, Cricket.

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

- Design appropriate conditioning programmes for sport
- Manage, health, safety and professional responsibilities in sport
- Apply communication and motivational skills to coaching
- Plan and implement professional coaching practices

what will you learn on this programme?

MODULE 1

KINESIOLOGY

Anatomy and Biomechanics: Learn about the anatomical structures of the human body as well as their relationship to each other. Understand the movements of the skeletal and muscular structures. **Sport and Exercise Physiology:** This topic covers the physiological functions of the associated structures of the human body. You will learn how physiological systems work concerning exercise and sport and the physiological process that governs the different body systems. **Biomechanics and Training Methods:** Understand the concept of biomechanics, and how it relates to human movement, learning about the physical laws of movement in relation to the execution of a given movement, skill or training technique.

MODULE 2

SCREENING, ASSESSMENT AND TESTING FOR SPORT

Screening: Learn how to conduct a screening process that identifies an athlete's readiness to participate in physical activity and sport. You will learn of various risk factors that need referral and be able to do a risk stratification for an athlete. You will also learn about the scope of practice and ethics of a coach, and who you can coach. **Assessment and Fitness Testing:** 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 exposed to various assessments and tests such as taking blood pressure, skinfold readings, circumference measurements, posture analysis, cardiorespiratory tests, strength tests, flexibility, balance and skills tests that are sport-specific.

MODULE 3

COACHING SCIENCE

Principles of Long-Term Participant Development: Learn about factors affecting player development, the different stages of development and the process required within each stage of development. You will learn how this LTPD framework fits into the South African National coaching plan. You will be able to develop appropriate programmes aimed at participation and skills development within the context of LTPD. You will be able to explain the principles of talent identification. **Applied Coaching Science:** Learn about how to teach different sports skills to different age groups of children, incorporating the development and growth of children. You will be taught how to plan and implement practice sessions for children.

what will you learn on this programme?

MODULE 4

MANAGEMENT AND ADMINISTRATION IN COACHING

Risk Management and Safety in Sport: This topic focuses on sports structures that underpin coaching. Learn about professional conduct in coaching and the legal and professional implications of coaching individuals and teams. You will be able to plan for safety considerations, participants and the environment when coaching. **Sport Team Logistics:** Learn to apply basic principles of management to the management of a team. Manage the organisation and logistics of sports teams and apply rules and codes of conduct in teams.

MODULE 5

COACHING SPORT TO INDIVIDUALS AND GROUPS

Principles of Sport Coaching: This topic will teach you how to apply motivational strategies to ensure the long-term participation of athletes. Learn about principles of leadership, emotional intelligence, building teams and the development of player's self-esteem and competence. You will be taught to develop your professional coaching philosophy and understand how to engage with role players. Furthermore, you will learn about change management and its effect on performance. This topic will enhance your communication skills with individuals in a team environment and be able to set appropriate goals. Learn how to coach a range of skills to individuals or teams and demonstrate appropriate coaching methods and leadership skills in coaching.

MODULE 6

COACHING A SPECIFIC SPORT

Coaching one of the following five sports: Football, Cricket, Hockey, Rugby and Netball. As part of this module, you will work with one of the five federations and attend their level 1 course (which is included in your fees).

In this module you will use relevant communication skills to coach your sport of choice, coaching a range of sporting skills to individuals or teams. Set appropriate and realistic goals for skill acquisition in the chosen sport, planning and preparing sports coaching sessions. Demonstrate the appropriate coaching methods and leadership skills required to coach your chosen sport. Demonstrate the ability to use sports equipment effectively for sports coaching.

what will you learn on this programme?

MODULE 7

EXERCISE SCIENCE

Exercise Physiology: This topic focuses on exercise physiology.

Training Principles and Methods: Learn to apply basic principles of training and their methods.



what career can i go into once i am qualified

The programme allows you entry into the sport, exercise and fitness industry.

This level 5 coaching science qualification will give you the knowledge and skills to work as a sports coach, coaching children in a selected sport. You can work in private practice or schools or sports clubs, according to the requirements, rules and laws of your sport federation. Once qualified and with the required practical coaching hours, you will be eligible to register for the professional designation of Coaching Assistant with the South African Sports Coaching Association (SASCA)

The programme allows you entry into the sports and fitness industry. It is a stepping stone that allows you to explore your passion by studying further in your area of interest.

- Sports School Coach
- Sports Club Coach

WHO WILL HIRE ME?

- Schools
- Self-employment – as a business owner and entrepreneur
- Sporting 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:

HIGHER
CERTIFICATE
IN
FITNESS



HIGHER
CERTIFICATE IN
SPORT
MANAGEMENT



CONTACT US:

Complete an online enquiry form

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