



2026
Prospectus

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mission & vision



Mission

To provide transformative, relevant, and accessible education to diverse communities, integrating WISE values into all aspects of teaching and learning.

Vision

We are an agile, adaptive, and forward-thinking private higher education provider that prepares graduates for the rapidly evolving world of work. We are globally recognised, private higher education institution in our specialist areas, preparing graduates for a complex world of work through academic excellence, innovation, and community impact.

“Education is the most powerful tool to improve our world”.

Nelson Mandela

Purpose

eta’s purpose is to provide transformative, future-fit education that equips students not only with knowledge and skills but with a distinctive philosophy that guides their learning, their lives, and their careers. Our WISE curriculum model is the foundation of both our academic mission and our organisational identity. It fosters graduates who are resilient, resourceful, socially conscious, and entrepreneurial.

We are guided by Chan Kim and Renée Mauborgne’s Blue Ocean Strategy, through which we deliberately create new educational value in uncontested spaces. Rather than compete in overcrowded markets, **eta** strategically undertakes to eliminate outdated practices, reduce inefficiencies, raise the quality of student experience, and create innovative learning opportunities that set us apart. This enables us to consistently produce excellent graduates who are not only job-ready but also capable of creating opportunities for others.

Together, our WISE-informed pedagogy and Blue Ocean mindset ensure that **eta** is more than an educational provider but a catalyst for positive personal, professional, and societal transformation. This purpose inspires pride in all our stakeholders and role-players as they co-create a distinctive, values-driven future for higher education.



eta prides itself on being the leader in educational programmes for the sport and fitness industry. As a single-purpose sport and fitness college, we dedicate ourselves to providing dynamic learning programmes that lead to internationally benchmarked qualifications.

Our higher education programmes are accredited by the CHE and our occupational programmes are approved by CATHSSETA (mandated by the QCTO). Our qualifications are registered on the National Qualifications Framework (NQF) by the South African Qualifications Authority (SAQA).

In fulfilling our accreditation criteria, our campuses are registered with the Department of Higher Education and Training (DHET) as a private higher education institution.

To ensure that we meet the needs of sport and fitness in South Africa, **eta** is also a licensed service provider with Sport and Recreation South Africa (SRSA).

Our qualifications are benchmarked against international best practice in sport and fitness; thus our graduates are able to find employment in South Africa and all over the world. Students can study coaching science, fitness or sports management.

There is the option of pursuing full-time studies, which is ideal for the school leaver; part-time studies, which is great for those wanting to make a career change or learn more about their field of interest. For those wanting flexibility with their studies, distance learning is a perfect solution.

eta distinguishes itself by being a specialist sport and fitness college that totally immerses its students in their subject matter of sport, fitness or sport management.

We balance classroom theory and research with practical learning and work-based experience. Our students leave us fitter, stronger than when they started, and they graduate skilled and ready for the workplace.



history



eta has become a highly respected international education provider offering learning towards registered qualifications.

eta College was launched in 1983 to meet the education needs of the fast-developing health and fitness industry. In 1994 the directors, Linda Halliday and Dr Steve Harris took over the **eta** from Dr Malcolm Marrison who founded the organisation in Cape Town.

eta evolved into a fully-fledged private college offering courses all over South Africa. Our graduates are able to work anywhere in the world in the sport, fitness, recreation and leisure industries.

We also saw new demands emerging from our education department, with new legislation and regulations that governed education and these regulatory changes affected education in sport, bringing greater demands for rigorous quality assurance in education.

At **eta**, we pride ourselves on having developed our quality management systems to meet the needs of our quality assurors and the Department of Higher Education and Training (DHET).

eta is now the leading provider of programmes that lead to qualifications in fitness, coaching science and management qualifications in sport, recreation and fitness.

Our programmes also address the capacity building and transformation needs of the South African society. This is done through **eta** Special Projects which caters for learnerships, skills programmes and workplace training in sport, recreation and fitness.

organisational values

- Passion for lifelong learning
- Adaptability and resilience
- Professionalism in academic and operational conduct
- Accountability for student performance and institutional outcomes
- Innovation and improvisation

accreditation



Registration with Department of Higher Education and Training (DHET)

Certificate No. 2001/HE07/006. The business registration of **eta** College is the Exercise Teachers Academy (Pty) Limited. **eta** 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, to offer the registered higher education programmes listed below at the following campuses: Bloemfontein, Cape Town, Durban, East London, George, Johannesburg, Port Elizabeth, Pretoria & Stellenbosch

Accreditation

In accordance with the requirements of the Higher Education Act 101 (1997), **eta** is accredited by the Council on Higher Education (CHE). In accordance with Regulation 16 of the SAQA Act 58 (1995), **eta** is accredited with CATHSSETA, accreditation number 613/P/000007/2004. CHE accredited qualifications are registered on the Higher Education Qualifications Sub Framework (HEQSF). All programmes are HEQSF aligned and our accredited programmes lead to qualifications that are registered on the NQF by SAQA.

Accreditation by the Council on Higher Education (CHE)

Diploma in Sport and Exercise SAQA ID 100654
Diploma in Sport and Recreation Management SAQA ID 97237
Bachelor of Management: Sports Management SAQA ID 112053
Bachelor of Exercise: Sport Science SAQA ID:118403
Higher Certificate in Sports Science SAQA ID 96793
Higher Certificate in Coaching Science SAQA ID 96792
Higher Certificate in Sports Recreation and Fitness Management SAQA ID 96790
Advanced Certificate in Fitness in Sport Conditioning SAQA ID 97813
Advanced Certificate in Fitness in Special Populations SAQA ID 101430
Advanced Certificate in Coaching Science SAQA ID 104536
Advanced Certificate in Sports Recreation and Fitness Management SAQA ID 116404

Accreditation by CATHSSETA

National Certificate: Coaching Science, SAQA ID 67695
National Certificate: Fitness, SAQA ID 67693
National Certificate: Sport Management, SAQA ID 60309
National Diploma: Coaching Science, SAQA ID 67692
National Diploma: Fitness, SAQA ID 67691
FETC: Sport Administration, SAQA ID 67697

Specialist Short Courses

Strength & Conditioning Specialist (20 CPD, 8 CEU)
Sports Nutrition Specialist (20 CPD, 8 CEU)

Short Courses

Advanced Personal Trainer (level 5, 100 credits)
Pilates Instructor Certificate (level 5, 55 credits)
Fitness Instructor Certificate (level 4, 28 credit)
Group Exercise Instructor Certificate (Level 4, 15 Credits):

- Aerobics, Step & Tone
- Resistance, HIIT and Bootcamp
- Indoor Cycling Instructor
- Pilates Mat Instructor
- Yoga Instructor`

Health & Wellness Coach (60 Credits)
Sports Massage

INTERNATIONAL COMPARABILITY

All **eta** qualifications are benchmarked against qualifications in Australia, Canada, Great Britain, New Zealand and the USA, showing substantial degrees of similarity.

eta qualifications are recognized & endorsed by REPSSA (Registration of Exercise Professionals South Africa). They are therefore accepted internationally and, in all countries, where ICREPS is established. We have been enabling graduates to launch their careers in fitness, sport coaching and the business of sport since 1984.

The International Confederation of Registers of Exercise Professionals (ICREPs) is an international partnership between registration bodies around the world that register exercise professionals.

LANGUAGE POLICY AND MODE OF INSTRUCTION

The language of instruction is English.

Content, presentations, and assessment are in English. However, if a flexible approach to language is helpful for students learning, then using the language of the student group during facilitation of learning is accepted, as long as no one is excluded from the learning experience.

There are two types of learning:

Contact Learning.

Contact learning is defined as a blended, student-centered approach that combines face-to-face lectures, practical application, work-integrated learning, and group-based activities. This integrated model ensures that students engage with academic content, apply their knowledge in real-world and workplace settings, and collaborate with peers. The combination of academic study, practical experience, and professional exposure supports students in achieving both academic competence and career readiness. Contact learning is delivered at a campus.

Distance learning

Distance learning at eta college allows students the flexibility of an online mode of study as opposed to an on-campus face to face mode.

All learning is conducted remotely via our Online learning platform, with our tutoring staff supporting both academically and around the practical component.

We have developed a world class education process which is supported by technology and consists of theory, application and practise in the field. This ensures that graduating students are ready for their careers.

admission requirements



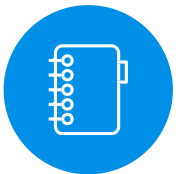
Short Courses

No minimum requirement for admission to CATHSSETA accredited Short Courses. Group Exercise Instructor (GEI) is the minimum requirement for REPSSA endorsed Short Courses – except for Massage (No admission requirement).



Certifications

Personal Trainer - You need to have successfully completed Grade 12 and achieved your National Senior Certificate with a minimum overall pass rate of 30-39%.



Higher/National Certificates

The minimum admission requirement is a National Senior Certificate with a **minimum of 30% in the language** of learning and teaching of the higher education institution as certified by Umalusi, the Quality Assurance Council.



Advanced Certificates

To enter this programme, you must have achieved the **NQF level-5 Higher Certificate** or an equivalent qualification in the cognate field at NQF level 5.



Diplomas

The minimum admission requirement is a National Senior Certificate with a **minimum of 30% in the language** of learning and teaching of the higher education institution as certified by Umalusi, the Quality Assurance Council, coupled with an achievement rating of **3** (Moderate Achievement, **40% - 49%**) or better in four (4) recognised 20-credit subjects.



Degrees

The minimum admission requirement is a National Senior Certificate with a **minimum of 30% in the language** of learning and teaching of the higher education institution as certified by Umalusi, the Quality Assurance Council, coupled with an achievement rating of **4** (Adequate Achievement, **50% - 59%**) or better in four (4) recognised 20-credit subjects.

SPORT SCIENCE PROGRAMMES

Campus

Degree

Bachelor of Exercise: Sport Science

Diploma

Diploma in Sport and Exercise

Advanced Certificate

Advanced Certificate in Fitness | Sport Conditioning

Higher Certificate

Higher Certificate in Sport Science

Online Learning

Degree

Bachelor of Exercise: Sport Science

Advanced Certificate

Advanced Certificate in Fitness | Sport Conditioning

Advanced Certificate in Fitness | Special Populations

Higher Certificate

Higher Certificate in Sport Science

Bachelor of Exercise: Sport Science

CHE Accredited Programme (Higher Education)

This Bachelor of Exercise in Sport and Leisure (SAQA ID:118403, NQF Level 7) 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, (also known as Sports Science) with modules in business management and sports psychology 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 with the latest theories and current science, graduates can apply their knowledge to the design of a range of programmes; leading others in terms of their needs, aims or goals and demonstrating the attributes needed to manage individuals or groups in a range of contexts.

NQF

Level 7

SAQA ID

118403

CREDITS

360

Diploma in Sport and Exercise

CHE Accredited Programme (Higher Education)

This is a unique 3-year diploma programme, focused on the field of applied sports science, sports analytics, movement learning theory and sports coaching.

It includes current scientific research, which informs professional practice and the ability to analyse sport in a range of ways.

Learn how to apply current scientific theory to sports strategies and tactics and the improvement of athletic performance.

Upon completion of this programme, you will have a depth of knowledge in performance analysis, sports conditioning and coaching science.

This three-year Diploma in Sport and Exercise qualifies you to work in the field of sports performance analysis, working as a Sports Conditioning Coach who can register with the Register of Exercise Professionals South Africa (REPSSA).

Or you can work as a sport-specific coach, coaching participants or emerging athletes. By meeting the professional designation criteria for the South African Confederation and Olympic Committee's (SASCOC) coaching framework and their Coaching Association of South Africa (CASA), you can register as a Coach, working with athletes, teams or sports participants who want to enhance their personal sports performance

NQF

Level 6

SAQA ID

100654

CREDITS

360

Advanced Certificate in Fitness (Sport Conditioning)

CHE Accredited Programme (Higher Education)

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**. Graduates are able to provide sport-based conditioning programmes for clients or athletes who want to prepare for their sport and improve their performance.

NQF

Level 6

SAQA ID

97813

CREDITS

120

Higher Certificate: Sport Science

CHE Accredited Programme (Higher Education)

This Higher Certificate in Fitness (NQF Level 5, SAQA ID: 97693) combines theoretical knowledge and practical application to pursue a career in the exercise, fitness and wellness industry.

- Apply the principles of exercise science (screening procedures and fitness testing) to design appropriate and individualised training programmes for health, fitness and wellness.
- Be exposed to various training methods of exercise to promote health and improve fitness.
- Expand your knowledge on health promotion and how to communicate professionally.
- Become a role model and a leader when heading up physical activities and training online.
- Be equipped with the skills to start your own successful business.

NQF

Level 5

SAQA ID

96793

CREDITS

137

Bachelor of Exercise: Sport Science

CHE Accredited Programme (Higher Education)

This Bachelor of Exercise in Sport and Leisure (SAQA ID:118403, NQF Level 7) 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, (also known as Sports Science) with modules in business management and sports psychology 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 with the latest theories and current science, graduates can apply their knowledge to the design of a range of programmes; leading others in terms of their needs, aims or goals and demonstrating the attributes needed to manage individuals or groups in a range of contexts.

NQF

Level 7

SAQA ID

118403

CREDITS

360

Advanced Certificate in Fitness (Sport Conditioning)

CHE Accredited Programme (Higher Education)

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**. Graduates are able to provide sport-based conditioning programmes for clients or athletes who want to prepare for their sport and improve their performance.

NQF

Level 6

SAQA ID

97813

CREDITS

120

Advanced Certificate in Fitness (Special Populations)

CHE Accredited Programme (Higher Education)

This one-year advanced certificate programme builds on a higher certificate.

You are able to design, manage and monitor exercise programmes for each special population group (pregnancy, children, youth and, older adults) who want to enhance their health and improve their fitness.

Additionally, because lifestyle diseases are increasing in their prevalence across all spectra of the population, you will also learn about the chronic diseases of lifestyle so that you can assist clients in reducing their disease risk, promote their health and enhance their fitness, while working within your professional scope of practice.

In the context of special populations, once qualified, you are able to screen, assess and fitness test special population groups. You will also be able to implement safe and effective exercise programmes for special population groups.

Additionally, you will be able to provide advice and support in terms of health, lifestyle and exercise management to special population groups.

NQF

Level 6

SAQA ID

101430

CREDITS

120

Higher Certificate in Sport Science

CHE Accredited Programme (Higher Education)

This Higher Certificate in Fitness (NQF Level 5, SAQA ID: 97693) combines theoretical knowledge and practical application to pursue a career in the exercise, fitness and wellness industry.

- Apply the principles of exercise science (screening procedures and fitness testing) to design appropriate and individualised training programmes for health, fitness and wellness.
- Be exposed to various training methods of exercise to promote health and improve fitness.
- Expand your knowledge on health promotion and how to communicate professionally.
- Become a role model and a leader when heading up physical activities and training online.
- Be equipped with the skills to start your own successful business.

NQF

Level 5

SAQA ID

96793

CREDITS

137



SPORT SCIENCE

Degree

Bachelor of Exercise: Sports Science

- Exercise Specialist
- Sport Conditioning Trainer
- Fitness Programme Manager
- Leisure Manager
- Sport Programme Manager

Advanced Certificate

Fitness (Sport Conditioning)

- Sport-Specific Conditioning Coach

Fitness (Special Populations)

- Exercise Specialist

Higher Certificate

Fitness

- Personal Trainer
- Corporate Wellness Consultant
- Group Exercise Instructor

SPORTS MANAGEMENT PROGRAMMES

Campus

Degree

Bachelor of Management: Sport Management

Diploma

Diploma in Sport and Recreation Management

Higher Certificate

Higher Certificate in Sports, Recreation and Fitness Management

Online Learning

Degree

Bachelor of Management: Sport Management

Advanced Certificate

Advanced Certificate in Sport, Recreation & Management

Higher Certificate

Higher Certificate in Sports, Recreation and Fitness Management

Bachelor of Management: Sport Management

CHE Accredited Programme (Higher Education)

This Bachelor of Management in Sport and Leisure (SAQA ID: 112053, NQF Level 7) emphasises the theories and principles of business management and how they are applied to the commercial worlds of sport and leisure.

This programme in Sports Management has a strong emphasis on leadership, emotional intelligence and communication. Ensuring that you gain the knowledge and skills needed to lead and manage others.

Sport and Leisure studies include subjects like sports law, sports sociology, legal and ethical issues in sport, sport development and transformation.

In your final year, you have the option to choose exciting electives like sports commentary, sports reporting, sports tourism, event management, athlete representation or facility management.

Please note: Once qualified, your certificate will show the following qualification name ~ Bachelor of Management in Sport and Leisure Management

NQF

Level 7

SAQA ID

112053

CREDITS

360

Diploma in Sport and Recreation Management

CHE Accredited Programme (Higher Education)

This diploma programme will appeal to those with an interest in the world of sport development and physical education in the context of sport and recreation business management, sport marketing and public relations as well as event management and its administration processes.

The programme includes human capital management and volunteer management, giving insight into the management of individuals and teams in a range of sport and recreation contexts.

With community sport development as an outcome, you also learn about physical education, ensuring the ability to plan, implement and manage physical education programmes in schools and communities. In the final year you choose from electives such as sport skills development, sport business development or sport marketing. You are also placed in internships that provide the experiential learning needed for sport and recreation management.

NQF

Level 6

SAQA ID

97237

CREDITS

360

Higher Certificate in Sport, Recreation and Fitness Management

CHE Accredited Programme (Higher Education)

This one year vocational programme gives students the vital knowledge and skills needed to embark on a career in the world of sport, recreation or fitness management. You will learn the basics of managing a sport or recreation organisation and how to implement events.

You will also acquire knowledge about sport informatics and sport sociology, each giving insight into the world of sport and recreation and the social context in which it functions. This programme gives you the knowledge and skills needed to enter the world of sport and recreation management.

NQF

Level 5

SAQA ID

96790

CREDITS

120

Bachelor of Management: Sport Management

CHE Accredited Programme (Higher Education)

This Bachelor of Management in Sport and Leisure (SAQA ID: 112053, NQF Level 7) emphasises the theories and principles of business management and how they are applied to the commercial worlds of sport and leisure. The programme has a strong emphasis on leadership, emotional intelligence and communication, ensuring you of the knowledge and skills needed to lead and manage others. Sport and Leisure studies include subjects like sports law, sport sociology, legal and ethical issues in sport, sport development and transformation. In your final year you can choose exciting electives such as sport commentary, sport reporting, sport tourism, event management, athlete representation or facility management.

NQF

Level 7

SAQA ID

112053

CREDITS

360

Advanced Certificate in Sport, Recreation & Management

CHE Accredited Programme (Higher Education)

This one year programme gives students the vital knowledge and skills needed to embark on a career in the world of sport, recreation or fitness management. You will learn the basics of managing a sport or recreation organisation and how to implement events. You will also acquire knowledge about sport informatics and sport sociology, each giving insight into the world of sport and recreation and the social context in which it functions. This programme gives you the knowledge and skills needed to enter the world of sport and recreation management.

NQF

Level 6

SAQA ID

116404

CREDITS

120

Higher Certificate in Sport, Recreation and Fitness Management

CHE Accredited Programme (Higher Education)

This one year vocational programme gives you the vital knowledge and skills needed to embark on a career in the world of **sport, recreation or fitness management**. You will learn the **basics of managing a sport or recreation organisation** and how to implement **events**. You will also acquire knowledge about sport informatics and sport sociology, each giving insight into the world of sport and recreation and the social context in which it functions. This programme gives you the knowledge and skills needed to enter the world of sport and recreation management.

NQF

Level 5

SAQA ID

96790

CREDITS

120



SPORTS MANAGEMENT

Degree

Bachelor of Management: Sport Management

- Athlete Representative
- Sport Agent
- Facility Manager in Sport or Recreation
- Sport Business Manager
- Sport Event Manager

Diploma

Sport and Recreation Management

- Project Developer
- Sport or Recreation Event Developer
- Sport Promotions Manager
- Facility Developer or Manager

Higher Certificate

Sport, Recreation and Fitness Management

- Project Team Member
- Sport, Recreation Fitness Club Assistant
- Admin Assistant for Events
- Sport Team Assistant
- Sport, Recreation Fitness Club Assistant
- Athlete Representative
- School Level Team Manager

COACHING SCIENCE PROGRAMMES



Campus

Diploma

Diploma in Sport and Exercise

Higher Certificate

Higher Certificate in Coaching Science

Online Learning

Advanced Certificate

Advanced Certificate in Coaching Science

Higher Certificate

Higher Certificate in Coaching Science

campus programmes

Diploma in Sport and Exercise

CHE Accredited Programme (Higher Education)

This is a unique 3-year diploma programme, focused on the field of applied sports science, sports analytics, movement learning theory and sports coaching.

It includes current scientific research, which informs professional practice and the ability to analyse sport in a range of ways.

Learn how to apply current scientific theory to sports strategies and tactics and the improvement of athletic performance.

Upon completion of this programme, you will have a depth of knowledge in performance analysis, sports conditioning and coaching science.

This three-year Diploma in Sport and Exercise qualifies you to work in the field of sports performance analysis, working as a Sports Conditioning Coach who can register with the Register of Exercise Professionals South Africa (REPSSA).

Or you can work as a sport-specific coach, coaching participants or emerging athletes. By meeting the professional designation criteria for the South African Confederation and Olympic Committee's (SASCOC) coaching framework and their Coaching Association of South Africa (CASA), you can register as a Coach, working with athletes, teams or sports participants who want to enhance their personal sports performance.

NQF

Level 6

SAQA ID

100654

CREDITS

360

Higher Certificate in Coaching Science

CHE Accredited Programme (Higher Education)

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 high-performance elite performers in sport.

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 sports 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 adapting to different contexts, including online sport coaching. We 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!

NQF

Level 5

SAQA ID

96792

CREDITS

120

Advanced Certificate in Coaching Science

CHE Accredited Programme (Higher Education)

The objective of this coaching course is to give you the knowledge and skills to work as a sport coach and respond to the unique demands of coaching in the South African sporting context. By the end of the one-year coaching course you will be equipped to coach beginner and intermediate sport performers – designing practice sessions that reflect an understanding of the interdependence of fitness and skill development and sensitivity to the social, emotional and physical changes that occur as players develop from childhood through youth to adulthood. 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 adapting to different contexts, including online sport coaching. We 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!

NQF

Level 6

SAQA ID

104536

CREDITS

120

Higher Certificate in Coaching Science

CHE Accredited Programme (Higher Education)

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 high-performance elite performers in sport.

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 sports 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 adapting to different contexts, including online sport coaching. We 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!

NQF

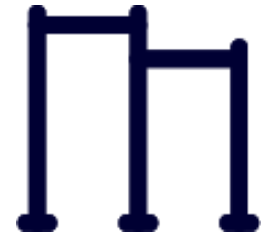
Level 5

SAQA ID

96792

CREDITS

120



COACHING

Diploma

Sport and Exercise

- Senior Sport Coach
- Sport Conditioning Coach
- Sport Performance Analyst

Higher/Advanced Certificate

Coaching Science

- Sports School Coach
- Sports Club Coach

National Diploma

Coaching Science

- Sports School Coach
- Sports Club Coach

SHORT COURSE PROGRAMMES

Campus

Fitness Instructor
Advanced Personal Trainer
Sport Massage
Health & Wellness Coach
Strength & Conditioning Specialist
Sports Nutrition Specialist

Online Learning

Fitness Instructor
Advanced Personal Trainer
Sport Massage
Health & Wellness Coach
Strength & Conditioning Specialist
Sports Nutrition Specialist
Group Exercise Instructor: Aerobics, Step & Tone
Group Exercise Instructor: Indoor Cycling
Group Exercise Instructor: Pilates
Group Exercise instructor: Resistance, HIIT & Bootcamp
Group Exercise Instructor: Yoga

campus & online courses

Fitness Instructor

CATHSSETA Accredited Programme

A Fitness Instructor is an exercise professional/fitness practitioner responsible for orientating members' into an exercise setting; able to induct members and supervise members exercise sessions according to a predesigned exercise programme. Qualifying as a Fitness Instructor, you can enter the world of fitness training, helping clients change their lifestyles through exercise while using a predesigned programme.

NQF

Level 4

SAQA ID

FIT/INSTRUCT/4/0085

CREDITS

28

Sport massage

REPSSA Endorsed

Sport Massage is a short course intended for continued professional development (CPD) for qualified fitness and coaching science professionals or for candidates wishing to learn more about massage for their own personal interest (no NQF or credits awarded). The course is recognised by the Register of Exercise Professionals South Africa (REPSSA). REPSSA is part of ICREPS, an International Confederation of Registers for Exercise Professionals which operates world-wide, allowing members to work anywhere in the world. On successful completion, you will understand the principles and theory of sport massage and be able to implement a range of sport massage techniques.



CPD

20

Health & Wellness Coach

REPSSA Endorsed

A holistic, life-changing wellness coach course for you and your clients, combining the latest research with conventional wisdom, and including a comprehensive module on nutrition courses in South Africa. This wellness coach certification in South Africa is designed to be transformative and informative.

This course, a premier wellness coach certification in South Africa, will challenge you to engage and apply basic health psychology and health promotion theories and best practices. Our nutrition section, a standout amongst nutrition courses in South Africa, will broaden your thinking of functional foods and it will influence your current beliefs of nutrition as part of a holistic approach to well-being. As part of this wellness coach course, you will be equipped to manage, build, and promote your wellness business with relevant and current theories and ideas. During this learning journey, you will not only gain practical knowledge and skills but will also embark on a transformative process of change within yourself, and leading change for others.



CPD

20

CREDITS

60

campus & online courses

ADVANCED PERSONAL TRAINER

This advanced personal trainer course will give you the knowledge and skills to launch your career. Our personal trainer certificate is an accredited qualification which is recognised by the Register of Exercise Professionals in South Africa (REPSSA). Once qualified, you can work in a range of facilities, gyms or leisure centres, offering one-on-one training to your clients or exercise sessions to small groups.

CREDITS

100

STRENGTH & CONDITIONING SPECIALIST

REPSSA Endorsed

Whether you work with children, the weekend warrior or a pro athlete, the Certified Strength Coach (CSC) programme will help you develop the knowledge and skills to effectively enhance human performance. Recognized by high school, college, and professional organizations as well as health clubs the CSC credential is nationally accredited by the highest standard in the industry.

The NCSF Certified Strength Coach programme is an approved continued education (8 CEU / 20 CPD) for Certified Trainers. The course has both theoretical & practical elements.



CPD

20

SPORTS NUTRITION SPECIALIST

REPSSA Endorsed

Sports Nutrition Specialist program provides you with the best educational path to nutrition expertise for both fitness and sport. Our easy-learning system enables you to understand cutting-edge nutrition practices that are aimed at physical goal attainment including improved health, fitness and performance. Become an expert and dispel the myths associated with current nutrition recommendations and novel popular diets with science-based facts. The course has theoretical & practical elements



CPD

20

Group Exercise Instructor

Aerobics, Step and Tone

Have you got rhythm and style? You can enhance this by signing up for this short course, designed to equip you with in-depth knowledge about various training methods. This course will give you the skills to adapt teaching methods and styles to suit the individual or group. You will learn to use music as an effective instructional and motivational tool during aerobic sessions or classes, by interpreting the structure, timing, rhythm, tempo and style of the music used.

NQF

Level 4

SAQA ID

FIT/GREXERINSTRUC/4/0088

CREDITS

15

Group Exercise Instructor

Indoor cycling

Indoor Cycling, also known as Spinning, is one of the most popular options for fitness enthusiasts; with upbeat music, and a high cardio workout in a controlled environment makes this a forerunner for convenience and benefits. Not to mention also having the right instructor. This short course gives you the theory and practical experience to lead and instruct indoor cycling sessions with confidence and the right training methods

NQF

Level 4

SAQA ID

FIT/GREXERINSTRUC/4/0088

CREDITS

15

Group Exercise Instructor

Pilates Mat

Pilates, renowned for enhancing flexibility, strength, and mind-body awareness, has surged in popularity, making a Pilates instructor course an invaluable asset for any fitness professional. Our comprehensive online Pilates instructor course at eta College stands out as a leading option among Pilates courses. It is meticulously designed to provide you with the knowledge and leadership skills necessary to plan and instruct safe and effective Pilates Mat exercise classes.

This course, a top choice in online Pilates instructor courses, ensures a deep understanding of Pilates principles and teaching methodologies, allowing you to tailor your approach to both individual and group needs. With the convenience of an online format, you can learn at your own pace, mastering various training methods and adapting your teaching styles effectively.

NQF

Level 4

SAQA ID

FIT/GREXERINSTRUC/4/0088

CREDITS

15

Group Exercise Instructor

Resistance, HITT and Bootcamp

Start your fitness career on a strong foundation. This in-depth certification will give you the knowledge and skill to design and teach various training methods to suit the individual or groups. You will learn to use music as an effective instructional and motivational tool during a choreographed resistance-based programme and High Intensity Interval (HIIT) bootcamp session.

NQF

Level 4

SAQA ID

FIT/GREXERINSTRUC/4/0088

CREDITS

15

Group Exercise Instructor

Yoga

Whether it's on a beach in Bali or a mat at home – Yoga has become a way of life rather than just an exercise routine. This short course will give you the knowledge and skills to lead and instruct Vinyasa Flow Yoga classes for individuals and groups. It will delve into the philosophy and lifestyle of Yoga, giving you a holistic approach to back the teaching methods and exercises taught.

NQF

Level 4

SAQA ID

FIT/GREXERINSTRUC/4/0088

CREDITS

15



application process



To apply online

1. Click on the 'Apply now' button on any course page or anywhere else on the website.
2. Complete the Application form.
3. Select the programme you want to study and the campus (or online learning) and complete the application process.
4. You will be notified of your admission status via email with further instructions for payment and final enrolment.



To manually apply:

1. Complete and sign the **eta** Application form available on the **eta** website under Admissions > Manual Applications along with the relevant Payment Schedule.
2. Attach any additional documentation as listed in application form.
3. Submit the form to the regional **eta** campus by hand or e-mail.
4. You will be notified of your admission status via email with further instructions for payment and final enrolment.



Student financial aid and loans

Full breakdown of our process can be found here
<https://www.etacollege.com/admissions/student-loans/>

recognition of prior learning (rpl)



RPL emerges from a global inclination in this century to increase a student's access to education, by articulating various types and levels of education with each other, so that there can be lifelong learning and no-one is excluded from higher education. RPL enables access to the knowledge and skills needed to work in the fast-growing sport and fitness sector where competent employees are critical for the growth of the profession and its industry (Skills Development Act, 1998, Skills Development Amendment Act, 2008). In South Africa, it was a core principle of the White Paper on Higher Education in the late nineties, and again in the January 2012 Green Paper for post-school education and training issued by The Department of Higher Education and Training. For South Africans, RPL implies the entryways of learning might be opened. All higher education institutions in South Africa must have a policy and procedure to assess prospective students' RPL to see if they can enter the courses with a reasonable chance of success.

RPL stands for Recognition of Prior Learning.

What this means is that anyone wishing to progress their education to the next level can do so, even if they don't have a university exemption. Or, if they have work experience in the sport and fitness industry but no formal qualification, their learning can be recognised, and credits awarded.

RPL opens a whole new world of opportunity for many who thought that further learning was not possible. It means that everyone has access to lifelong learning, and no-one is barred from higher education.

To explain the process, let's look at our two categories of RPL:



Category 1: RPL for a full National Qualification

If you do not hold a formal qualification but you have valuable work experience, it is possible for your knowledge and skills to be recognised. In certain cases, your knowledge and skills can be assessed for the achievement of a whole qualification.

These qualifications are:

- National Certificate: Sport Management (120 credits at NQF level 5)
- National Certificate: Coaching Science (120 credits at NQF level 5)
- National Certificate: Fitness (Personal Trainer) (137 credits at NQF level 5)

To see if you are eligible, please complete the online enquiry process, including selecting the qualification of your choice, and our course specialists will get back to you on your next step in your RPL journey.



Category 2: RPL for credit recognition OR for access to a higher qualification at eta

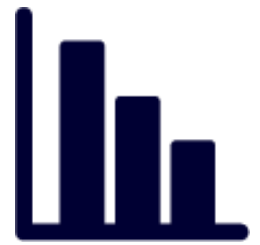
This is also known as credit accumulation and transfer (CAT). If you have prior formal learning in the form of credit-bearing modules or a previously completed programme, it is possible for this learning to be recognised and for you to be exempt from learning credits that you already have. You can use this to gain access to a higher-level programme or to complete a higher education qualification.

You will need to provide proof of your prior learning in the form of an official transcript of results with a breakdown of the modules and credits already achieved, so we can evaluate what credits you have and at what NQF level. If your credits can be transferred, then you can be exempt from repeating the same credits, enabling you to go on to complete your studies at a higher level.

Important: Exemption of credits for a programme cannot exceed 50% of its total credits. For example, to complete a diploma or degree of three years, you would need to complete at least 18 months of studies for your new qualification.

To find out more, please chat to us online or contact us on any of our numbers.





Legal status

The Exercise Teachers Academy (Pty) Limited is a registered private company. The CIPRO registration number is 2005/021935/07.

eta qualifications offered at an **eta** outside of South Africa, requires that the accrediting body of that country in which **eta varsity** is situated must also accredit **eta's** programmes.

Surety

In accordance with the requirements of the Department of Higher Education and Training, **eta** invests an agreed amount in financial security. The purpose is to protect students in the unlikely event of **eta** not meeting its obligations to students.

Membership

eta is a member of the Association of Private Providers of Education, Training and Development (APPETD). APPETD is a registered financial services provider representing its members. They work with private providers towards establishing and maintaining the highest standards of education and training throughout the industry.

Recognition by REPSSA

As an accredited provider in fitness, **eta** is recognised by the Register of Exercise Professionals South Africa, enabling graduates to register with the officially recognised body.

HEALTH AND WELLNESS
POLICY



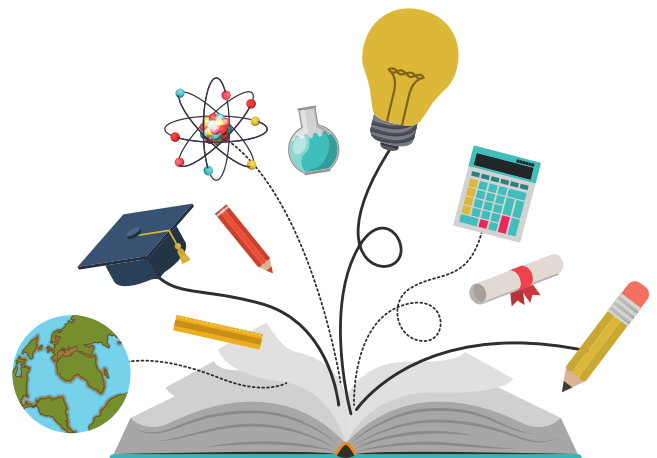
DISABILITY POLICY



STUDENT COMPLAINTS POLICY



CODE OF CONDUCT



Learnerships and Skills Programmes

All organisations involved in sport and fitness are able to make use of the SETA (Sector Education and Training) system to make application for funding to upskill sports coaches, managers and fitness trainers. CATHSSETA is the SETA responsible for sport and fitness education and works in close consultation with **eta** College as its accredited learning provider. **eta** Special Projects takes their client through the application process and, if funding is awarded, conducts the training from induction to certification. **eta** Special Projects also presents short programmes designed to equip candidates with specific tailor-made skills for sport coaching, sport administration or fitness instruction.

Corporate Social Investment and Outreach

eta Special Projects is involved in many partnerships with NGO's and has its own NGO called Active Communities Network which strives to use sport and fitness to improve the quality of life for youngsters in troubled communities.

Qualifications and Skills Programmes available

- National Diploma Club Professional Golfing (240 credits; NQF Level 5)
- National Certificate: Sport Management (120 credits; NQF level 5)
- National Certificate: Coaching Science (120 credits; NQF level 5)
- National Certificate: Fitness (Personal Trainer) (137 credits; NQF level 5)
- Further Education and Training Certificate in Sport Administration (172 credits; NQF Level 4)
- Further Education and Training Certificate in Technical Officiating (151 credits; NQF Level 4)
- Sports Club Administration Skills Programme (54 credits; NQF Level 4)
- Sports Coaching and Administration Skills (37 credits; NQF Level 5)
- Generic Sports Coaching (64 credits; NQF Level 5)
- Fitness Instructor (28 credits; NQF Level 4)

Golf Academies

eta College is an official partner to the Professional Golf Association of South Africa (PGASA) and is accredited to offer the National Diploma Club Professional Golfing. This programme is rolled-out at golf-specific campuses in the Western Cape, Gauteng and KZN with expert PGA recommended tutors. We offer successful graduates a career pathway into the golfing profession. **View more.**

Clients





Teaching and Learning

Due to the nature of our learning programmes and the vocational qualification being achieved, learning is divided into theory, applied theory and practical learning. The exact breakdown is based on the specific course being taught, which may emphasise more theory or practical depending on the key outcomes.

The recommended contact hours per session are indicated in our timetables and implementation plans. Classroom time is interactive and sessions are delivered in the context of the course being taught, together with its application. Faculty ensure that **eta's** principle of Total Immersion is applied to our teaching and learning and that all students experience a planned blend of theory, applied theory and practical learning as well as work-based learning.

Student support

All students are supported through mentorship programmes, portfolio reviews and assessment planning and preparation sessions.

Work based learning

Students complete a minimum amount of hours in the workplace. Each **eta** site of delivery must have a signed agreement, Memorandum of Understanding or signed letter in place with the relevant workplaces.

Assessment

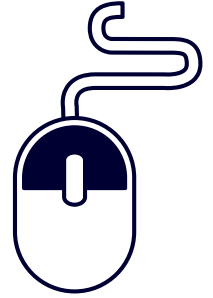
We have clear assessment policies and procedures and our assessments align to curricula outcomes. The **eta** assessment process is efficient and rigorous and clear policies guide our assessment and moderation practice. Assessment is a transparent process which is monitored and moderated in accordance with **eta** policy. Summative assessment is conducted strictly according to the academic calendar and our assessment and moderation policies are reviewed annually to ensure currency and rigor of their application. Each programme has a unique assessment strategy and

students are encouraged to read the Assessment Policy and the Assessment Rules Policy.

Our success as a provider is measured by the achievements of our students. The main outcome is 100% achievement for students who have participated fully in the learning programmes.

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 GUIDE TO
READ MORE DETAILS**



BLOEMFONTEIN

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WhatsApp: +27 81 583 1078
Email: bloemfontein@etacollege.com

CAPE TOWN

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WhatsApp: +27 62 684 1664
Email: capetown@etacollege.com

ONLINE LEARNING

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WhatsApp: +27 81 473 6956
Email: online@etacollege.com

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WhatsApp: +27 79 522 2327
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