
eta
Postgraduate Diploma in Sport Performance
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SCHOOL OF SPORT AND EXERCISE
Enter the ever changing world of sport and leisure

# about this programme

120 Credits,
NQF Level 8
SAQA ID: 126177

The Postgraduate Diploma in Sport Performance is an advanced, industry-focused qualification designed for professionals seeking to operate at the forefront of high-performance sport. This one-year postgraduate programme integrates applied sport science with real-world performance practice, equipping graduates to optimise athletic performance across elite, developmental, and professional sporting environments.

Grounded in evidence-based methodologies and contemporary performance systems, the programme develops the knowledge and practical competence required to assess, monitor, and enhance individual and team performance. Graduates emerge with the confidence to apply performance technologies, manage training load, support injury prevention and recovery, and contribute meaningfully within multidisciplinary high-performance teams.

This qualification is ideal for coaches, sport scientists, performance analysts, and practitioners who want to elevate their impact through advanced, applied sport performance expertise.

1 year full-time

2 year part-time

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



You will complete a structured Work-Integrated Learning (WIL) component with approved industry partners, including high-performance centres, sport federations, professional teams, academies, and rehabilitation or athlete-support environments.

Under the guidance of experienced professionals, you will translate theory into practice, applying sport performance principles in real-world settings while developing technical competence, professional judgement, and workplace readiness. The placement experience also enables you to build meaningful industry networks and gain exposure to contemporary sport performance practices.

Work-Integrated Learning is a defining feature of the programme, ensuring that as a graduate, you are career-ready, professionally confident, and equipped to contribute effectively and immediately within the sport performance sector.

# 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 fufill all the assessment requirements.

# fee breakdown (Y1)

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



## EARLY BIRD

**R50 000**



## UPFRONT

**R60 000**



## TERM PAYMENTS

**R69 000**

**1** **Term 1**
R 15 750

**2** **Term 2**
R 17 250

**3** **Term 3**
R 17 250

**4** **Term 4**
R 17 250

# admission requirements



The minimum admission requirement is an appropriate/cognate bachelor's degree or an appropriate Advanced Diploma with a minimum average of 60%.

# What careers can I do with this qualification?

- Sport Performance Analyst
- Strength and Conditioning Coach
- High-Performance Sport Support Manager
- Athlete Development Specialist
- Performance Testing and Monitoring Specialist
- Sport Technology and Data Analyst
- Sports Performance Coach (individual or team sport)
- Athlete Monitoring and Performance Coordinator
- Academy or Elite Team Performance Staff Member
- Sport Consultant or Advisor

# 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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# After completing this programme, you'll be confident in your ability to:

- Design and implement sport performance programmes grounded in scientific principles and contextual needs
- Assess and monitor athletic performance using data-driven methods and relevant technologies
- Apply advanced knowledge of biomechanics, physiology, and strength and conditioning to support athlete development
- Integrate sport science and coaching techniques to optimise individual and team performance
- Critically evaluate performance data and training outcomes to inform decision-making and planning
- Contribute to multi-disciplinary high-performance teams, working collaboratively with coaches, medical staff, and support personnel
- Manage athlete recovery, readiness, and injury prevention using evidence-based strategies
- Reflect on and adapt their professional practice in response to evolving trends and challenges in the sport performance industry
- Communicate effectively with athletes, teams, and stakeholders in a high-pressure performance environment

# what will you learn on this programme?

The Postgraduate Diploma in Sport Performance offers a structured, applied curriculum that develops advanced performance practitioners capable of working confidently in high-performance sport environments. Each module builds practical competence while integrating scientific theory, technology, and real-world application.

### TRAINING THEORIES AND PROCESS (SESC 1 53)

This module explores the scientific theories and principles that underpin effective sport performance and training. Drawing on sport science, neuroscience, and psychomotor theory, you learn how training interventions are designed, structured, and evaluated in both individual and team sport contexts. The focus is on understanding why training methods work and how to systematise interventions to improve performance outcomes.




### PERFORMANCE PSYCHOLOGY AND MENTAL TOUGHNESS (SSOC 1 33)

This module examines the psychological, neurological and behavioural factors that influence human performance under pressure. You will explore contemporary sport psychology, mental toughness, neuroscience, performance analytics, leadership and high-performance culture. Particular emphasis is placed on the application of mental toughness as a force multiplier for enhancing athlete, team and organisational performance. You will develop the ability to analyse performance challenges, interpret behavioural indicators, utilise emerging technologies and design evidence-based interventions to improve sporting outcomes.

# what will you learn on this programme?

### DATA ANALYSIS AND DELIVERY (SESC 1 54)

This module develops your ability to collect, analyse, interpret, and report sport performance data accurately and meaningfully. You learn how to select appropriate performance metrics, identify trends and patterns, and apply statistical modelling to support valid, reliable decision-making. Emphasis is placed on transforming data into actionable insights that inform performance feedback and planning.

### TRACKING AND MONITORING (SESC 1 55)

This module focuses on contemporary athlete monitoring and performance tracking technologies. You explore how physiology, behavioural psychology, and technology interact within sport performance systems, and learn to evaluate and apply monitoring tools such as real-time feedback systems, time-motion analysis, and impact data. The emphasis is on selecting and using technology appropriately to support assessment, training, and performance improvement.

### TRAINING LOAD (SESC 1 56)

In this module, you develop a deep understanding of training load management and its impact on performance, injury risk, and athlete wellbeing. You examine how physical, mental, emotional, and psychosocial factors influence load tolerance, and learn how to apply training load principles across different sports and athlete profiles. The module emphasises informed decision-making to balance performance enhancement with risk management.



# what will you learn on this programme?

### NEEDS ANALYSIS (SESC 1 57)

This module equips you with the skills to conduct comprehensive needs analyses for specific sports. You learn how to identify key performance indicators, recognise injury risk profiles, and apply profiling and benchmarking techniques to guide performance planning. Ethical and cultural considerations in communicating performance findings are also addressed, ensuring responsible and professional practice.

### PERFORMANCE INTERVENTIONS (SESC 1 58)

In this applied module, you learn how to select and justify performance interventions based on sound data and critical reasoning. You will evaluate intervention options, assess their potential impact, and choose strategies that offer the greatest benefit to athletes or teams. Decision-making is grounded in observable evidence and aligned to defined performance criteria.

### CAPSTONE RESEARCH PROJECT (SESC 1 59)

The Capstone Research Project represents the culmination of the programme. You integrate your learning by addressing a real-world sport performance problem through applied research or a case study. This module develops the ability to conduct independent inquiry, apply theory to practice, analyse data, and present evidence-based solutions through a written report and oral presentation.

### WORK INTEGRATED LEARNING (SESC 1 60)

This module provides structured, supervised exposure to real-world environments for sport performance. You will apply sport science and conditioning principles in practice, develop professional and ethical behaviours, and collaborate within multidisciplinary performance teams. Reflective practice is embedded throughout, supporting the formation of professional identity and career readiness.

### PERFORMANCE ANALYSIS: INTRODUCTION (OPTIONAL, CO-CURRICULAR)

This introductory elective introduces the fundamentals of performance analysis, including coding and time-motion analysis. You learn how to identify key performance indicators (KPIs), translate performance data into meaningful action points, and use industry-relevant software tools to analyse sporting performance. This module provides a strong entry point into applied performance analysis practice.

# 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



# NOT QUITE WHAT YOU'RE LOOKING FOR?

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

DIPLOMA IN SPORT & EXERCISE

HIGHER CERTIFICATE IN FITNESS

BACHELOR OF MANGEMENT IN SPORT AND LEISURE

## CONTACT US:

Complete an online enquiry form

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