



**AFRICA'S PREMIER**  
SPORT, FITNESS & HEALTH ACADEMY

IN ASSOCIATION WITH



0861 777 010 | [info@hfpa.co.za](mailto:info@hfpa.co.za) | [www.hfpa.co.za](http://www.hfpa.co.za)



PLAY  STAY  STUDY  TRAVEL — — —

**SPORT & FITNESS QUALIFICATIONS**



**NATIONAL CERTIFICATE  
IN FITNESS (NQF5)**

**PERSONAL TRAINER &  
CONDITIONING COACH**



**NATIONAL DIPLOMA  
IN FITNESS (NQF5)**

**ADVANCED PERSONAL TRAINER  
& SPORTS CONDITIONING COACH**



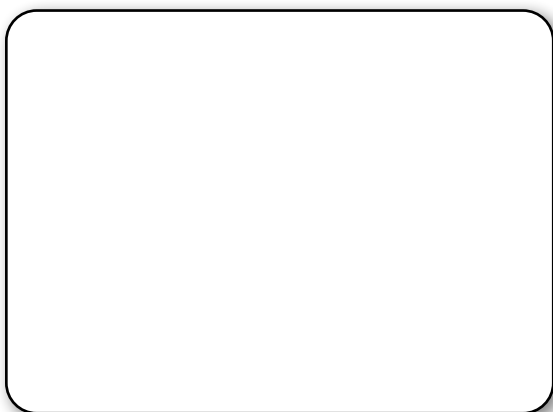
**NATIONAL CERTIFICATE  
IN COACHING SCIENCE (NQF5)**

**BE A SPORTS COACH IN SCHOOLS,  
CLUBS & PRIVATE INSTITUTIONS**



**NATIONAL DIPLOMA  
IN COACHING SCIENCE (NQF5)**

**COACH PROFESSIONAL  
ATHLETES!**



**NATIONAL CERTIFICATE IN  
SPORTS MANAGEMENT (NQF5)**

**PRINCIPLES OF MANAGEMENT IN SPORT  
ORGANISATION & STRUCTURES**

**Join tens of thousands of HFPA Graduates who are employed internationally as highly respected Fitness Professionals in a variety of health, fitness, recreation and sporting environments. We've been providing quality fitness education since 1979.**





## NATIONAL CERTIFICATE IN FITNESS

## NATIONAL CERTIFICATE IN FITNESS PERSONAL TRAINER & SPORTS CONDITIONING COACH

NATIONAL CERTIFICATE | NQF 5  
SAQA | 137 CREDITS | CATHSSETA | REPSSA

### ENTRY REQUIREMENTS

Grade 12 National Senior Certificate

### KEY FEATURES

- Full qualification which allows you to work internationally as a **Personal Trainer and Conditioning Coach**
- Gain a strong foundation in personal training, including fitness principles and programme design
- Includes **overview of injury prevention** and special considerations
- Successfully completing this course provides access to Year 2 of the **National Diploma in Fitness**
- Internationally portable

### MODULES

1. ANATOMY & PHYSIOLOGY
2. ASSESSMENT AND PROGRAMMING
3. EXERCISE PSYCHOLOGY
4. ENTREPRENEURSHIP
5. SAFETY AND RISK MANAGEMENT
6. NUTRITION AND WEIGHT MANAGEMENT
7. PRACTICAL MANUAL



## NATIONAL DIPLOMA IN FITNESS

## NATIONAL DIPLOMA IN FITNESS ADVANCED PERSONAL TRAINER & CONDITIONING COACH

NATIONAL CERTIFICATE | NQF 5  
SAQA | 247 CREDITS | CATHSSETA | REPSSA

### ENTRY REQUIREMENTS

Grade 12 National Senior Certificate

### KEY FEATURES

- This is a full qualification which enables you to work internationally as an **Exercise Specialist and Strength Conditioning Coach**
- Work in association with a referral team of doctors, physiotherapists, biokineticists, dieticians and sport scientists
- Learn to apply advanced programme design
- Internationally portable

### MODULES

1. EXERCISE PHYSIOLOGY
2. SPORTS TRAINING
3. PREHABILITATION
4. SPECIAL CONSIDERATIONS
5. EXERCISE PSYCHOLOGY
6. EXERCISE NUTRITION
7. EXERCISE ASSESSMENT
8. PRACTICAL MANUAL



## NATIONAL CERTIFICATE IN SPORTS MANAGEMENT

## NATIONAL CERTIFICATE IN SPORTS MANAGEMENT

PRINCIPLES OF MANAGEMENT IN SPORT ORGANISATION & STRUCTURES

NATIONAL CERTIFICATE | NQF 5  
SAQA | 127 CREDITS | CATHSSETA | REPSSA

### ENTRY REQUIREMENTS

Grade 12 National Senior Certificate

### KEY FEATURES

- Full qualification which allows you to work internationally as an athlete representative Team manager, School level team manager Club manager or events team member
- Learn customer care, finance, risk management, event and facility management and effective communication within the business environment
- Students will have access to the working environment, where they will be able to enhance their practical skills set

### MODULES

1. SPORTS MANAGEMENT PRINCIPLES & PROCESSES
2. SPORT COMMUNICATION
3. HUMAN RESOURCE AND DIVERSITY MANAGEMENT
4. SPORT MARKETING & EVENT MANAGEMENT
5. SAFETY AND RISK MANAGEMENT
6. SPORT ADMINISTRATION
7. SPORT FACILITY MANAGEMENT



## NATIONAL CERTIFICATE IN COACHING SCIENCE

## NATIONAL CERTIFICATE IN COACHING SCIENCE

BE A SPORTS COACH IN SCHOOLS, CLUBS & PRIVATE INSTITUTIONS

NATIONAL CERTIFICATE | NQF 5  
SAQA | 247 CREDITS | CATHSSETA | REPSSA

### ENTRY REQUIREMENTS

Grade 12 National Senior Certificate

### KEY FEATURES

- A full qualification giving you the knowledge, skills and values to work as a sport coach
- Work in schools, clubs and private institutions
- Students can progress to the National Diploma in Coaching Science and become an Advanced Sports Coach

### MODULES

1. Sport Coaching Principles
2. Exercise Training Principles
3. Sport Team Management
4. Health and Safety
5. Diversity Equity Management
6. Research Methods
7. Athletics





**FITNESS INSTRUCTOR**

**FITNESS INSTRUCTOR**

FOR A FAST-TRACK INTO A CAREER IN FITNESS, OR A BRIDGING QUALIFICATION INTO MORE AVANCED PERSONAL TRAINING CERTIFICATIONS

NQF 4 | SAQA | 15 CREDITS | CATHSSETA | REPSSA

**ENTRY REQUIREMENTS**

Grade 11 National Senior Certificate



**SPORT ADMINISTRATION**

**SPORT ADMINISTRATION**

FOR A FAST-TRACK INTO A CAREER IN SPORTS, OR A BRIDGING QUALIFICATION INTO MORE AVANCED CERTIFICATIONS

NQF 4 | SAQA | 30 CREDITS | CATHSSETA

**ENTRY REQUIREMENTS**

Grade 11

**BENEFITS OF  
STUDYING WITH US**

**BECOME AN ELITE TRAINER!**

- HFPA is a Registered Higher Education Institution
- We've been offering quality education since 1979
- We offer Certificates and Diplomas
- Our Qualifications are Internationally Recognised
- We have outstanding student support structures
- Innovative teaching techniques from a wide variety of respected experts
- Continuing Education and Specialisation programmes to grow your scope of practice and career prospects
- Comprehensive Online Learning Platform

