



Advanced Certificate in Exercise Science

Higher Education

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- ✔ **Range of special needs includes, but is not limited to: Diabetes, weight reduction, Parkinson's disease, HIV and AIDS, Cardiac disease and locomotor disability**
- ✔ **Graduates enter the workplace as multi-skilled Fitness Professionals with a broad base of expertise**
- ✔ **Practical training and experiential learning**
- ✔ **You will be able to work with a referral team of sport scientists, doctors, physiotherapists, biokineticists, and dieticians, and with clients who have particular goals or physical needs.**

- 🕒 **Duration:** 12 Months
- 🏆 141 Credits
- 📈 NQF 6
- * **Admission requirements:**
Higher Certificate in Exercise Science
- 📄 **Registered:**
SAQA, DOE CHE, REPSSA, HEQCTO
- 📶 **Modes of delivery:**
Online; contact (full- or part time)
- 📚 **Subjects:**
 - ▶ Exercise Physiology
 - ▶ Practical training and experiential learning
 - ▶ Sports training
 - ▶ Rehabilitation
 - ▶ Special considerations
 - ▶ Exercise Psychology
 - ▶ Exercise nutrition
 - ▶ Exercise Assessment

📋 Learning outcomes:

Successful learners will be able to:

- ▶ Explain the physiological adaptations of the musculoskeletal and endocrine systems to aerobic and anaerobic exercise
- ▶ Develop training programmes to optimise the physiological responses of the body systems to exercise
- ▶ Use a kinesiological analysis to develop a training programme which addresses the specific needs of a given individual
- ▶ Design and demonstrate periodised conditioning and skills programmes which are tailored to meet the specific needs of sports persons
- ▶ Implement, monitor and modify exercise programmes to prevent injury
- ▶ Design and demonstrate programmes which are tailored to meet the specific needs of special population clients
- ▶ Range of special needs includes, but is not limited to: Diabetes, weight reduction, Parkinson's disease, HIV and AIDS, Cardiac disease and locomotor disability
- ▶ Define and implement appropriate nutritional guidelines to enhance sports performance for athletes
- ▶ Demonstrate knowledge of the fitness conditioning environment and the context in which physical activity takes place
- ▶ Demonstrate an understanding of how to manage, project and conduct oneself in a professional manner within the sports and fitness context



Other courses you might be interested in

- ▶ **Personal Trainer Certificate**
- ▶ **National Certificate in Fitness**
- ▶ **National Certificate in Sports Management**

Articulation Pathway

Higher Certificate
in Exercise Science
(NQF 5)

National Certificate
in Fitness (NQF 5)

**Advanced Certificate in
Exercise Science (NQF 6)**

- ▶ Posture Correction Specialist (20 CPD)
- ▶ Injury Prevention Specialist (20 CPD)
- ▶ Nutrition Bundle (37 CPD)
- ▶ Sports Strapping (3 CPD)
- ▶ Sports Massage (20 CPD)
- ▶ Exercise Specialist (NQF 5)
- ▶ Sport Conditioning Coach (NQF 5)