

National Occupational Certificate: **Fitness Instructor**

* Admission Requirements:
NQF 3 qualification

🕒 Duration: 12 Months

SAQA ID: 118689

🏠 NQF 4

🏆 180 Credits

Ⓜ Accredited: QCTO

✓ Endorsed by:
REPSSA; iCREPS

🔄 Full Time; Online

National Occupational Certificate: Fitness Instructor (NQF 4)

SAQA ID: 118689  180 Credits

Overview

The purpose of the National Occupational Certificate: Fitness Instructor is to prepare students to function as Fitness Instructors in the sport and fitness industry. It is designed to equip students with the theoretical knowledge, practical skills and attributes necessary to become dynamic and qualified fitness instructors.

Our comprehensive programme is tailored to prepare students to function effectively in the sport and fitness industry, by empowering them:

- ▶ To design and implement personalised physical activity programmes for individuals and groups
- ▶ To conduct health-related fitness assessments; and
- ▶ To coordinate and instruct exercise sessions/classes

This occupational qualification provides a formalisation for a growing entrepreneurial career opportunity in the fitness and exercise industry and includes the following two part qualifications:

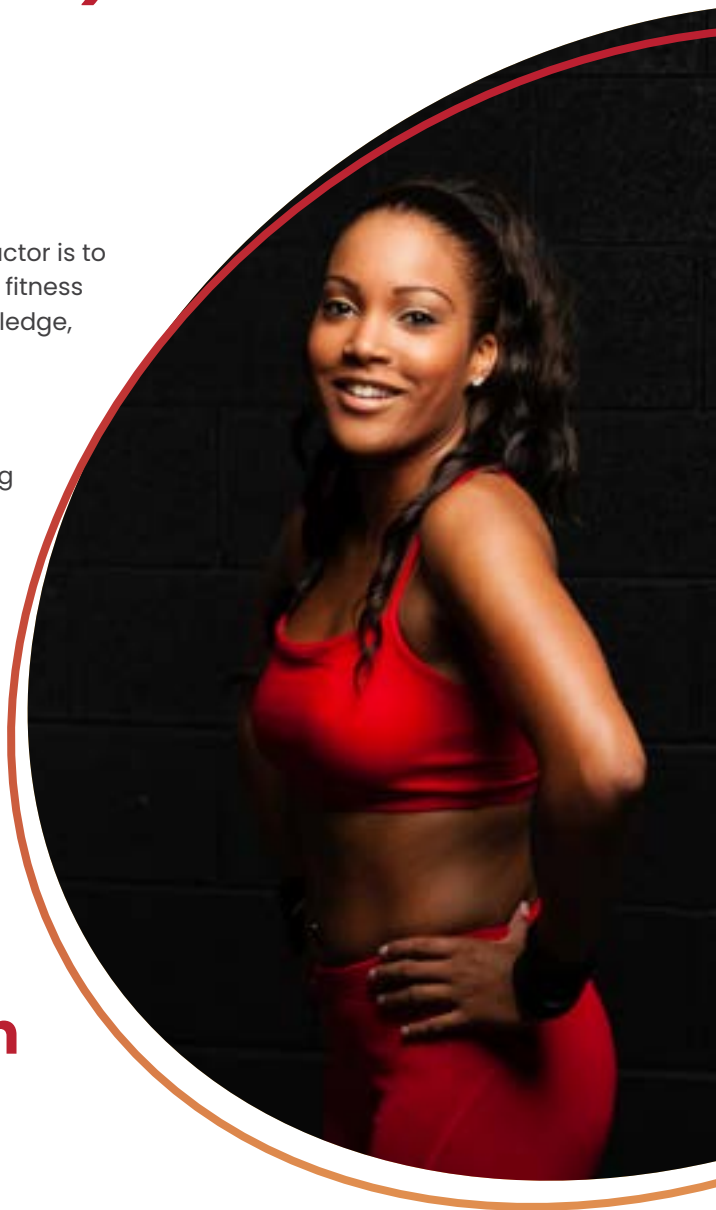
- ▶ Occupational Certificate: Individual Fitness Instructor SAQA ID118690
- ▶ Occupational Certificate: Group Fitness Instructor SAQA ID118691

Occupational Qualification Outline

- ▶ Knowledge Modules
 - Presented in class (contact learning full time on campus)
 - Self-paced online (online learning platform)
- ▶ Practical Skills Modules
 - Presented on campus (contact learning full time on campus)
 - Presented on campus (in workshop format, twice per semester in block format, on Saturday mornings)
- ▶ Work Experience Modules
 - Conducted at a facility approved by UXi Sport HFPA through MOA

Job Opportunities

- ▶ **Fitness Instructor in a large wellness and fitness facility**
- ▶ **Personal Trainer**
- ▶ **Group Fitness Instructor**



Accreditations

QCTO

* Acceptance and compliance in South Africa as a Fitness Instructor required by industry

Endorsed by

REPSSA; iCREPS

* Registration with REPSSA and ICREPS for international recognition and compliance as a fitness instructor

Admission Requirements

NQF 3 qualification

Note: You can apply for special admission, but need to meet specific requirements that will be discussed on a case-by-case basis with the academic department. Admission is subject to specific conditions being met.

Curriculum

- ▶ Anatomy, physiology and bio-mechanics
- ▶ Workplace fundamentals
- ▶ Information technology
- ▶ Fundamentals of entrepreneurship
- ▶ Fitness programme design
- ▶ Instruction delivery
- ▶ Fitness facilities and equipment

Assessments

Integrated formative assessment - the formative summative assessment will provide entrance into the External Integrated Summative Assessment (EISA).

Integrated summative assessment - conducted by the relevant QCTO Assessment Quality Partner and focusing on the exit level outcomes and associated assessment criteria. The assessment will be conducted through written assessment and the evaluation of practical tasks at decentralised approved assessment sites by a panel of assessors evaluated by assessor(s) registered with the AQP.

What we offer:



National accredited certification



Practical learning



Job opportunity alerts on the HFPA Graduates group



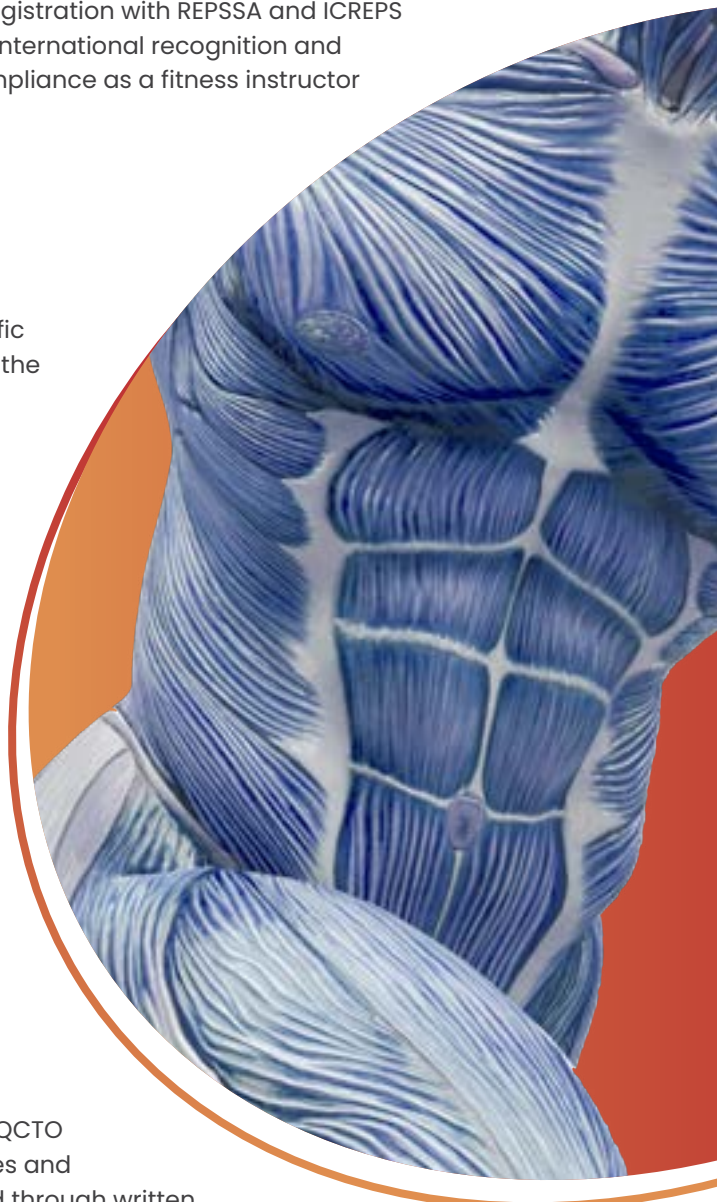
Flexible study options



Highly qualified and skilled lecturers



Payment terms



Articulation Pathway

After successful completion of this qualification, students can articulate either horizontally or vertically into related qualifications.

Horizontal Articulation:

- ▶ Occupational Trainer NQF L4 – Small Business Owner NQF L4

Vertical Articulation:

- ▶ Conference and Events Organiser NQF L5 – Journalist NQF L5 – Sport Office Administrator NQF L5

Intake Dates

Mode of Delivery	Overview	Campus	Intake	Start Date
Contact Learning	Full time on campus	Sunninghill Stellenbosch Gqerberha	Mid-semester intake	15 July
	Full time on campus	Sunninghill Stellenbosch Gqerberha	2025 Intake	24 February 21 July

Mode of Delivery	Overview	Campus	Intake	Start Date
Online Learning	Part time online	Online Learning Platform	2 intakes (2024)	August November
	Part time online	Online Learning Platform	4 intakes (2025)	February May August November

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