

National Certificate in Coaching Science


Register Now



 **Duration:** 12 Months

 120 Credits

 NQF 5


 **Admission requirements:**
Grade 12 National Senior Certificate (NQF 4)

 **Registered:**
SAQA; CATHSSETA; REPSSA


 **Modes of delivery:**
Contact (full time), online

 **Modules:**

- ▶ Module 1: Sport Coaching Principles
- ▶ Module 2: Exercise Training Principles
- ▶ Module 3: Sport Team Management
- ▶ Module 4: Health and Safety
- ▶ Module 5: Diversity Equity Management
- ▶ Module 6: Research Methods
- ▶ Elective: Athletics
- ▶ Work Integrated Learning: 300 Hours

 **Gain knowledge, skills and values that will enable you to assume job responsibilities as a sport coach in schools, clubs and private institutions.**

 **Use a kinesiological analysis to develop a training programme.**

 **Implement, monitor and modify exercise programmes to prevent injury.**



Other courses you might be interested in

- ▶ **Advanced Certificate in Exercise Science**
- ▶ **National Diploma in Fitness**
- ▶ **Personal Trainer**

- ▶ Sports Administration (NQF 4)/
- ▶ Fitness Instructor (NQF 4)

National Certificate in Sport Management (NQF 5)

National Certificate in Coaching Science (NQF 5)

- ▶ Performance Coach Level 1 & 2 (20 CPD)
- ▶ Development of Endurance (20 CPD)
- ▶ Development of Speed (20 CPD)
- ▶ Sport Conditioning Coach (NQF 5)
- ▶ Kids Development Specialist (8 CPD)