











National Certificate in Fitness

National Certificate

Register Now



-  **Work internationally as a Personal Trainer and Conditioning Coach.**
-  **Assess, evaluate, and monitor health related fitness components.**
-  **Demonstrate entrepreneurial, administration and business skills.**
-  **Students are assigned to an Online Tutor who will assist throughout the course.**

-  **Duration:** 12 Months
-  137 Credits
-  NQF 5
-  **Admission requirements:**
Grade 12 National Senior Certificate (NQF 4)
-  **Registered:**
SAQA, CATHSSETA, REPSSA
-  **Modes of delivery:**
Full time, online



Modules:

- ▶ Anatomy & Physiology
- ▶ Assessment And Programming
- ▶ Exercise Psychology
- ▶ Entrepreneurship
- ▶ Safety And Risk Management
- ▶ Nutrition And Weight Management
- ▶ Practical Manual
- ▶ Special Considerations
- ▶ Practical Training & Experiential Learning



Learning outcomes:

On achieving this qualification, the learner will be able to demonstrate the following outcomes as applicable to apparently healthy* individuals:

- ▶ Demonstrate knowledge of the fitness environment and the context in which physical activity takes place.
- ▶ Conduct and interpret pre-participation screening for physical activity readiness.
- ▶ Assess, evaluate and monitor health related fitness components.
- ▶ Feedback and refer as it relates to physical activity.
- ▶ Design, demonstrate and lead exercise programmes.
- ▶ Implement, monitor and modify exercise programmes.
- ▶ Motivate and support fitness participants in making activity related and wellness decisions.
- ▶ Demonstrate entrepreneurial, administration and business skills.
- ▶ Project and conduct oneself in a professional manner.
- ▶ by continuing your professional development through specialisation courses



**Other courses you
might be interested in**

- ▶ **National Diploma in Fitness**
- ▶ **Sports Nutrition**
- ▶ **National Certificate in Sports Management**

Articulation Pathway

National Certificate in Fitness (NQF 5)

- ▶ National Diploma 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)