



EXERCISE SPECIALIST

OCCUPATIONAL SKILLS CERTIFICATE | NQF 5 | SAQA | 101 CREDITS | CATHSSETA | REPSSA

COURSE DURATION: 6 - 12 MONTHS

ONLINE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

entry requirements

Personal Trainer Certificate (or equivalent)

Note: If you do not hold a level 4 NQF then apply to study our Fitness Instructor NQF 4 Certificate. Successfully completing this will provide you with access to our NQF 5 programmes and a pathway into more advanced programmes and further opportunities.

course overview

Our **Exercise Specialist** course is a full occupational qualification that qualifies you to work internationally. You get the best of both specialised fitness training and sport conditioning. This means that you can train special groups like the elderly, children and pregnant clients, as well as train sports people to compete at their highest level.

If you are an already qualified personal trainer looking for the competitive edge, this internationally portable certificate is a great way to broaden your scope of practice.

accreditation

- SAQA Registered
- NQF Level 5
- SETA accredited Occupational Skills Programme (CathsSeta)
- Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of ICREPS (International Confederation of Registers for Exercise Professionals). The Personal Trainer Certificate is internationally portable enabling graduates to work anywhere in the world.

learning outcomes

Successful learners will be able to:

- Identify and describe the physiological characteristics unique to special populations
- Identify and describe the anatomical & bio-mechanical differences unique to each special population
- Perform assessments and fitness tests for special populations
- Advise special populations on nutritional requirements and ergogenic aids
- Deal with common injuries, illnesses and special considerations in the context of physical activity
- Design implement and instruct exercise programmes for older adults and increased risk
- Design, implement and instruct exercise programmes for pregnancy
- Design, implement and instruct exercise programmes for children and youth
- Apply the principles and methods of sport fitness conditioning
- Periodise training and the training year

subjects & modules

EXERCISE PHYSIOLOGY

- 1 The muscular and skeletal systems
- 2 The changes which occur due to posture and special conditions

SPECIAL POPULATIONS

- 3 Adaptations of exercises for pregnancy, children and youth, and older adults

NUTRITION & INJURIES

- 1 Nutrition: Nutrition and dietary requirements for specific goals and special conditions
- 2 Injuries: Adapting exercise programmes to risk factors and special conditions within the scope, and the referral process for clients with conditions outside the scope of an exercise specialist

FITNESS ASSESSMENTS

- 1 Procedures for assessing sports specific clients and special population clients

learning pathways

- National Diploma in Fitness
- National Certificate in Sports Management
- Nutrition Advisor

hfpa online learning platform (olp)

All students are given access to our advanced and interactive Online Learning Platform.

You are never alone when you study online with us! The HFPA OLP has been carefully developed to bring you all the benefits of a traditional classroom setting, facilitating interactive learning through multi-media lessons, videos, quizzes, questionnaires, forums, links, presentations, journals, assignment and exam submissions and more!

You will receive constant communication and feedback from your very own Online Tutor and steadfast support from our dedicated online-support team.

The workshops offered for online+workshops students serve as revision sessions in which you can ask questions, revise key concepts and receive hands-on guidance from our master trainers.

campuses/study modes

ONLINE

Study anytime, anywhere

course resources

- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

description of modes of delivery

ONLINE PROGRAMME

- Students study online using the HFPA Online Learning Platform.
- Students are assigned to an Online Tutor who will assist throughout the course.

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010