

ADVANCED CERTIFICATE IN EXERCISE SCIENCE

HIGHER EDUCATION • SAQA ID-91829 • NQF LEVEL 6 • 141 CREDITS • DOE CHE • REPSSA

OVERVIEW

The **Advanced Certificate in Exercise Science (ACES) (NQF6)** is an internationally portable Higher Education qualification which covers Advanced Personal Trainer, Strength and Conditioning Coach and Exercise Specialist. The Higher Certificate in Exercise Science (HCES) is a prerequisite and this programme builds on the knowledge already gained in the HCES. This qualification focuses on high performance training and analysis as well as special population groups. 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. These include people with cardiovascular, musculoskeletal, immunological, neurological and metabolic conditions, as well as pregnancy, the youth and the elderly.

ADMISSION REQUIREMENTS

- Higher Certificate in Exercise Science (NQF 5 or equivalent)

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

LEARNING PATHWAYS

1. National Certificate in Sports Management
2. Nutrition Advisor
3. Advanced Diploma in Nutritional Therapy (UK)

DURATION & STUDY MODES

12 MONTHS / FULL-TIME • PART-TIME • WEEKDAY DISTANCE • DISTANCE WITH WORKSHOPS

MODULES

1. EXERCISE PHYSIOLOGY
2. SPORTS TRAINING
3. PREHABILITATION
4. SPECIAL CONSIDERATION
5. EXERCISE PSYCHOLOGY
6. EXERCISE NUTRITION
7. EXERCISE ASSESSMENT
8. PRACTICAL TRAINING MANUAL
9. PRACTICAL TRAINING & EXPERIENTIAL LEARNING

STUDY PACKAGE INCLUDES...

- Hard Copy Manuals (Not included with Online Study Mode)
- Online E-Books
- Study Guides
- HFPA Online Learning Platform (OLP)
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

WHAT YOU GAIN

- SAQA REGISTERED FULL QUALIFICATION
- NQF LEVEL 6
- REGISTERED BY DOE, ACCREDITED BY HEQCTO & CHE
- RECOGNISED AND REGISTERED WITH REPSSA (REGISTER OF EXERCISE PROFESSIONALS SOUTH AFRICA)
- INTERNATIONALLY PORTABLE QUALIFICATION

☐ I hereby acknowledge that I have read & understood the outline, payments options, and terms of the programme.

Date: _____ Signature (Student): _____ Signature (Parent/Guardian/Sponsor): _____ Signature (HFPA Consultant): _____



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