

HIGHER CERTIFICATE IN EXERCISE SCIENCE

HIGHER EDUCATION • SAQA ID-91830 • NQF LEVEL 5 • 123 CREDITS • DOE CHE • REPSSA

OVERVIEW

The **Higher Certificate in Exercise Science (HCES) – NQF5**, is a Higher Education qualification which qualifies you as a Personal Trainer and Sports Conditioning Coach and gives an introduction to working with Special Population Groups (such as the young and elderly). The HCES leads to the Advanced Certificate in Exercise. The Advanced Certificate covers High Performance Training, Advanced Strength and Conditioning and Special Population Groups (including those with certain medical conditions). This opens up further employment opportunities in Health, Fitness and Sport.

ADMISSION REQUIREMENTS

- Grade 12 National Senior Certificate (NQF 4)

Note: If you do not hold a level 4 NQF you can 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. Advanced Certificate in Exercise Science
2. National Certificate in Sports Management
3. Advanced Diploma in Nutritional Therapy (UK)

DURATION & STUDY MODES

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

MODULES

1. ANATOMY & PHYSIOLOGY
2. ASSESSMENT & PROGRAMMING
3. EXERCISE PSYCHOLOGY
4. ENTREPRENEURSHIP
5. SAFETY & RISK MANAGEMENT
6. NUTRITION & WEIGHT MANAGEMENT
7. PRACTICAL MANUAL
8. 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 5
- REGISTERED BY DOE, ACCREDITED BY HEQCTO & CHE
- RECOGNISED AND REGISTERED WITH REPSSA
(REGISTER OF EXERCISE PROFESSIONALS SOUTH AFRICA)

☐ 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): _____



enquiries@hfpa.co.za



0861 777 010



JOHANNESBURG • CAPE TOWN • DURBAN • PRETORIA