

NATIONAL CERTIFICATE IN FITNESS

NATIONAL CERTIFICATE • SAQA ID-67693 • NQF LEVEL 5 • 137 CREDITS • CATHSSETA • REPSSA

OVERVIEW

NATIONAL CERTIFICATE IN FITNESS is a full qualification that enables you to work internationally as a Personal Trainer and Conditioning Coach. This is a comprehensive qualification in personal training and physical conditioning and includes fitness principles, injury prevention and programme design to help your clients safely and effectively reach their fitness goals. Successful completion of the **NATIONAL CERTIFICATE IN FITNESS** provides access to Part 2 of the **NATIONAL DIPLOMA IN FITNESS**.

ADMISSION REQUIREMENTS

• Grade 12 National Senior Certificate (NQF 4)

*NB: 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 access to the Higher Certificate NQF 5 programme and a pathway into more advanced programmes and further opportunities.

LEARNING PATHWAYS

1. National Diploma in Fitness
2. National Certificate in Sport Management
3. Nutrition Coach

DURATION & STUDY MODES

12 MONTHS / FULL-TIME • PART-TIME • ONLINE

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
- FULL NATIONAL DIPLOMA QUALIFICATION (CATHSSETA)
- 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): _____



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