

NATIONAL CERTIFICATE IN COACHING SCIENCE

NATIONAL CERTIFICATE • SAQA ID-67695 • NQF LEVEL 5 • 120 CREDITS • CATHSSETA • REPSSA

OVERVIEW

The **NATIONAL CERTIFICATE IN COACHING SCIENCE** is a full qualification which will give the learner the knowledge, skills and values that will enable them to assume job responsibilities as a sport coach in schools, clubs and private institutions.

The **NATIONAL CERTIFICATE IN COACHING SCIENCE** is offered as a Distance with Workshops programme with the addition of Sport Specific Practical Workshops which are offered from HFPA Campuses and Sports Facilities, nationally.

ADMISSION REQUIREMENTS

- Grade 12 National Senior Certificate (NQF 4)

*NB: Note: If students do not have a NQF Level 4, one can apply to study our Fitness Instructor Certificate (NQF Level 4) which, on successful completion, one will then have access to The National Certificate in Coaching Science.

LEARNING PATHWAYS

1. National Diploma in Coaching Science
2. Performance Coach
3. Exercise Specialist & Sports Conditioning 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 Schedules
- HFPA Online Learning Platform (OLP)
- Online Tutors

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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