

NATIONAL DIPLOMA IN FITNESS

NATIONAL DIPLOMA • SAQA ID-67691 • NQF LEVEL 5 • 247 CREDITS • CATHSSETA • REPSSA

OVERVIEW

The **NATIONAL DIPLOMA IN FITNESS (NDIF)** is a full qualification which qualifies you to work internationally as an Exercise Specialist. The full 2 year NDIF programme includes all National Certificate in Fitness (NCIF) modules. Students are taken through all modules with the goal of achieving the National Diploma. Students who hold the National Certificate in Fitness (or equivalent) will commence with Part 2. Year 2 of the programme will cover the unique anatomical, biomechanical and physiological characteristics of various population groups and how these characteristics will impact programme design and testing. You will be able to work in association with a referral team of Doctors, Physiotherapists, Biokineticists, Dieticians and Sport Scientists, assisting your clients achieve their unique physical goals.

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

LEARNING PATHWAYS

1. Group Training Specialist
2. Sports Conditioning Coach
3. Nutrition Coach

DURATION & STUDY MODES

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

MODULES

1. EXERCISE PHYSIOLOGY
 2. SPORTS TRAINING
 3. PREHABILITATION
 4. SPECIAL CONSIDERATIONS
 5. EXERCISE PSYCHOLOGY
 6. EXERCISE NUTRITION
 7. EXERCISE ASSESSMENT
 8. 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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