



## NATIONAL CERTIFICATE IN COACHING SCIENCE

NATIONAL CERTIFICATE | NQF 5 | SAQA | 120 CREDITS | CATHSSETA | REPSSA

**COURSE DURATION: 12 MONTHS**

STUDY MODES: DISTANCE WITH WORKSHOPS

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

### entry requirements

NQF Level 4/ Grade 12 National Senior Certificate

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

### course 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.

We offer the following 3 sporting code workshops:

- Athletics
- Football
- Rugby

The Athletics Sporting Code is included in the course package and students can choose one other Sporting Code which will be included in the course fee.

Practical workshops and Specialisations are presented by highly qualified sport specific specialists. Workshops are offered nationally throughout the year. Please see the course calendar for the relevant dates.

We offer 4 Workshop Cycles per year. Each Workshop Cycle offers 3 sporting codes. All of the codes are offered twice per year on scheduled weekends. Register at any time!

Our team of Course Presenters, Online Tutors and Support Staff assist with all aspects of the course.

### campuses/study modes

DISTANCE

Johannesburg, Cape Town, Durban, Pretoria

### course resources

- Hard Copy Manuals
- Online E-Books
- Study Schedules
- HFPA Online Learning Platform
- Online Tutors

## subjects & modules

- 1 Sport Coaching Principles
- 2 Exercise Training Principles
- 3 Sport Team Management
- 4 Health and Safety
- 5 Diversity Equity Management
- 6 Research Methods
- 7 Elective: Athletics

### ATHLETICS

THE COACHING SCIENCE SPECIALISATION, ATHLETICS INCLUDES:

- Coach senior athletes for sprint events in athletics
- Coach senior athletes for middle and long distance events in athletics
- Coach senior athletes for jump events in athletics

COACH SENIOR ATHLETES FOR SPRINT EVENTS IN ATHLETICS and learn to:

- Evaluate the development of sprinting
- Explain the rules and the use of equipment related to sprinting
- Evaluate athlete characteristics and techniques of sprinting
- Implement a training programme for sprint athletes
- Conduct coaching activities for sprint athletes
- Evaluate coaching interventions

#### PRACTICE

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

#### APPLY

You are required to keep a record of all your practice sessions in your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

#### ASSESS

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the programme in the form of assignments

COACH SENIOR ATHLETES FOR MIDDLE AND LONG DISTANCE EVENTS IN ATHLETICS and learn to:

- Evaluate the development of middle and long distance running
- Explain the rules and the use of equipment related to middle and long distance running
- Evaluate athlete characteristics and tactics of middle and long distance running
- Implement a training programme for middle and long distance athletes
- Conduct coaching activities for middle and long distance athletes
- Evaluate coaching interventions

#### PRACTICE

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

#### APPLY

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

#### ASSESS

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the programme in the form of assignments.

COACH SENIOR ATHLETES FOR JUMP EVENTS IN ATHLETICS and learn to:

- Evaluate the development of jumping
- Explain the rules and the use of equipment related to jumping
- Evaluate athlete characteristics and techniques of jumping
- Implement a training programme for jump athletes
- Conduct coaching activities for jump athletes
- Evaluate coaching interventions

### PRACTICE

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

### APPLY

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

### ASSESS

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the programme in the form of assignments

## FOOTBALL (SOCCER)

Coach the game of football and learn to:

Apply the rules governing the game of football

Plan a series of football coaching sessions

Coach the game of football to intermediate and advanced players of the game

Reflect on coaching performance

### PRACTICE

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

### APPLY

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

### ASSESS

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the programme in the form of assignments

## RUGBY

Coach the game of rugby on provincial level and learn to:

Apply the laws governing the game of rugby

Plan and implement rugby coaching sessions

Apply coaching techniques for technical and tactical skills development for the game of rugby

Apply rugby strategy and record keeping skills

Reflect on coaching performance

### PRACTICE

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

### APPLY

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

### ASSESS

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the program in the form of assignments

## accreditation

- 120 Credits
- SAQA Registered
- NQF level 5
- SETA accredited Full Qualification (CathsSeta)
- Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of ICREPS (International Confederation of Registers for Exercise Professionals)

## learning outcomes

Successful learners will be able to:

- Explain the physiological adaptations of the musculoskeletal and endocrine systems to aerobic and anaerobic exercise
- Develop training programmes to optimise the physiological responses of the body systems to exercise
- Use a kinesiological analysis to develop a training programme which addresses the specific needs of a given individual
- Design and demonstrate periodised conditioning and skills programmes which are tailored to meet the specific needs of sports persons
- Implement, monitor and modify exercise programmes to prevent injury
- Design and demonstrate programmes which are tailored to meet the specific needs of special population clients
- Range of special needs includes, but is not limited to: Diabetes, weight reduction, Parkinson's disease, HIV and AIDS, Cardiac disease and locomotor disability
- Define and implement appropriate nutritional guidelines to enhance sports performance for athletes
- Demonstrate knowledge of the fitness conditioning environment and the context in which physical activity takes place
- Demonstrate an understanding of how to manage, project and conduct oneself in a professional manner within the sports and fitness context

## learning pathways

- National Diploma in Coaching Science
- National Certificate in Sports Management
- Advanced Certificate in Exercise Science

## description of modes of delivery

### **DISTANCE WITH WORKSHOPS**

- Distance Learner Workshops are offered nationally from our support centres at no additional fee (we offer 2 workshop cycles per annum so you can register at any time and work at your own pace).
- Workshop attendance is optional.
- All students access our comprehensive HFPA Online Learning Platform.
- Our team of HFPA Online Tutors offer structured online support to all Distance and Online students

## contact details

Enquiries: [info@hfpa.co.za](mailto:info@hfpa.co.za)

Accounts: [accounts@hfpa.co.za](mailto:accounts@hfpa.co.za)

National Contact Centre: 0861 777 010