

ONLINE



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entry requirements

If you hold a fitness qualification or exercise science qualification you will:

Receive a certificate of achievement | Be able to use this qualification to train clients

If you do not hold a fitness qualification or exercise science qualification you will:

Receive a certificate of attendance | Not be able to use this qualification to train clients

course overview

Runners, cyclists, swimmers, rowers, triathletes, and ultra-distance athletes must sustain performance at a high level to come out on top. Developing Endurance shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training.

Written by 11 top experts in the **National Strength and Conditioning Association**, the top sport conditioning organisation in the world, this guide provides both the background information and the exercises, drills, workouts, and programmes for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals.

Armed with these tools and information, you can create the ideal personalised training programme for your sport and avoid lengthy plateaus while taking performance to the highest level.

This course is completed using the HFPa Online Learning Platform. The course material includes a downloadable Human Kinetics textbook (e-book), online lessons and assessments.

***If you would prefer a hard copy textbooks, they are available upon request (additional courier charges will apply). Please request your hard copy upon registration.**

campuses/study modes

ONLINE

Study anytime, anywhere

course resources

- HFPa Online Learning Platform
- Online lessons and assessments
- X11 online lessons
- X1 online summative assessment
- Downloadable Human Kinetics textbook (e-book)
- Sample training programmes

accreditation

- HFPa Certificate of Achievement/Completion

subjects & modules

DEVELOPING ENDURANCE CHAPTERS

- 1 Provides an overview of physiology as it pertains to physical activity
- 2 Provides information related specifically to endurance activity, which will be especially valuable for those readers without a background in endurance sports
- 3 Covers testing and assessment and provides a valuable source of information that athletes, coaches, and fitness professionals can use to determine if a programme is optimally effective
- 4 Provides a summary of endurance training principles with an emphasis on explaining proper programme design through periodisation, or the systematic manipulation of exercise parameters (volume, intensity, and duration)
- 5 Periodised training is designed to maximise healthy physiological adaptations and minimise the negative effects of too much exercise or too little recovery
- 6 Includes important information about nutrition and hydration
- 7 An excellent introduction to training programme design specific to endurance sports, including running, cycling, swimming, and triathlon
- 8 This chapter is a valuable tool for the experienced and inexperienced endurance athlete or coach. Unlike many books about endurance training, which have minimal information on resistance training, this book contains details on how resistance training can enhance the endurance athlete's training and performance
- 9 Provides explanations of resistance training exercises
- 10 Explores the science behind resistance training for the endurance athlete. Provide a clear rationale for the inclusion of resistance training into an endurance programme, as well as practical direction about how to integrate the resistance training with the aerobic training

learning outcomes

Successful learners will be able to:

- Learn exercises, drills, workouts, and programmes to enhance your coaching skills or improve athletic performance
- Increase your scope of practice

learning pathways

- Advanced Personal Trainer Diploma
- Exercise Specialist with sports conditioning
- Advanced Certificate in Exercise Science

description of modes of delivery

ONLINE PROGRAMME

- Students study online using the HFPA Online Learning Platform
- Students are assigned to an Online Tutor who will assist for the duration of the course

contact details

Enquiries: info@hfpa.co.za

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010