



EXERCISE SPECIALIST & SPORTS CONDITIONING COACH

OCCUPATIONAL SKILLS CERTIFICATE | NQF 5 | SAQA | 183 CREDITS | CATHSSETA | REPSSA

COURSE DURATION: 6 - 12 MONTHS

STUDY MODE OFFERED: ONLINE

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

entry requirements

Personal Trainer Certificate (or equivalent)

Note: If you do not hold a level 4 NQF then apply to study our Fitness Instructor NQF 4 Certificate. Successfully completing this will provide you with access to our NQF 5 programmes and a pathway into more advanced programmes and further opportunities.

course overview

The **Exercise Specialist** is an internationally portable Occupational Skills programme which follows on from the Personal Trainer Certificate. This is an advanced programme which certifies Fitness Professionals to provide more specialised training to a wider variety of society, including the elderly, children & youth and pregnant clients. You will be able to work in association with a referral team of Doctors, Physiotherapists, Biokineticists and Dieticians, assisting clients with their fitness goals.

We also include the **Sports Conditioning Coach** certification programme which will further expand your scope of practice to apply advanced programme design and conditioning methods in the fields of strength conditioning and High Performance training to prepare sports people to compete at their highest level. Enhance individual and team performance at Schools, Sports Clubs and in a variety of Fitness environments.

accreditation

- SAQA Registered
- NQF Level 5
- SETA accredited Occupational Skills Programme (CathsSeta)
- Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of ICREPS (International Confederation of Registers for Exercise Professionals). The Personal Trainer Certificate is internationally portable enabling graduates to work anywhere in the world.

campuses/study modes

ONLINE

Study anytime, anywhere

course resources

- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

subjects & modules

EXERCISE PHYSIOLOGY

- 1 The muscular and skeletal systems
- 2 The changes which occur due to posture and special conditions

SPECIAL POPULATIONS

- 3 Adaptations of exercises for pregnancy, children and youth, and older adults

NUTRITION & INJURIES

- 1 Nutrition: Nutrition and dietary requirements for specific goals and special conditions
- 2 Injuries: Adapting exercise programmes to risk factors and special conditions within the scope, and the referral process for clients with conditions outside the scope of an exercise specialist

FITNESS ASSESSMENTS

- 1 Procedures for assessing sports specific clients and special population clients

SPORTS CONDITIONING

- 1 Training principles and methods of developing sports conditioning programmes

learning outcomes

Successful learners will be able to:

- Identify and describe the physiological characteristics unique to special populations
- Identify and describe the anatomical & bio-mechanical differences unique to each special population
- Perform assessments and fitness tests for special populations
- Advise special populations on nutritional requirements and ergogenic aids
- Deal with common injuries, illnesses and special considerations in the context of physical activity
- Design implement and instruct exercise programmes for older adults and increased risk
- Design, implement and instruct exercise programmes for pregnancy
- Design, implement and instruct exercise programmes for children and youth
- Apply the principles and methods of sport fitness conditioning
- Periodise training and the training year

learning pathways

- Performance Coach
- National Certificate in Sports Management
- Nutrition Advisor

hfpa online learning platform (olp)

All students are given access to our advanced and interactive Online Learning Platform.

You are never alone when you study online with us! The HFPA OLP has been carefully developed to bring you all the benefits of a traditional classroom setting, facilitating interactive learning through multi-media lessons, videos, quizzes, questionnaires, forums, links, presentations, journals, assignment and exam submissions and more!

You will receive constant communication and feedback from your very own Online Tutor and steadfast support from our dedicated online-support team.

The workshops offered for online+workshops students serve as revision sessions in which you can ask questions, revise key concepts and receive hands-on guidance from our master trainers.

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