



ADVANCED CERTIFICATE IN EXERCISE SCIENCE

HIGHER EDUCATION | NQF 6 | SAQA | 141 CREDITS | DOE CHE | REPSSA

COURSE DURATION: 12 MONTHS

STUDY MODES: FULL TIME | PART TIME | WEEKDAY DISTANCE | DISTANCE WITH WORKSHOPS

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

entry requirements

Higher Certificate in Exercise Science (NQF 5 or equivalent)

Note: If you do not hold a level 4 NQF then 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.

course overview

The **Advanced Certificate in Exercise Science (ACES) (NQF 6)** is an internationally portable Higher Education qualification which covers **Advanced Personal Trainer, Strength and Conditioning Coach and Exercise Specialist**. The Higher Certificate in Exercise Science (HCES) is a prerequisite and this programme builds on the knowledge already gained in the HCES.

This qualification focuses on high performance training and analysis as well as special population groups. You will be able to work with a referral team of sport scientists, doctors, physiotherapists, biokineticists, and dieticians, and with clients who have particular goals or physical needs. These include people with cardiovascular, musculoskeletal, immunological, neurological and metabolic conditions, as well as pregnancy, the youth and the elderly.

Become a Respected Fitness Professional of the highest calibre with our Higher Education qualifications. Graduates enter the workplace as multi-skilled Fitness Professionals with a broad base of expertise.

Work internationally in Fitness, Sport or Recreation environments, or start your own business

ADDITIONAL COURSES INCLUDED FOR FREE WITH ACES - ADDED VALUE!

- [Posture Correction Specialist](#)
- [Injury Prevention Specialist](#)
- [Kids Development Specialist](#)
- [Pre & Post Natal Instructor \(exercise and pregnancy\)](#)

campuses/study modes

| | |
|------------------|---------------------------------|
| FULL TIME | Johannesburg, Cape Town |
| PART TIME | Johannesburg, Cape Town |
| WEEKDAY DISTANCE | Pretoria, Cape Town, Durban |
| DISTANCE | Johannesburg, Cape Town, Durban |

course resources

- Hard Copy Manuals
- Online E-Books
- Study Schedules
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

subjects & modules

EXERCISE PHYSIOLOGY

- | | |
|------------------------|---|
| 1 Functional Anatomy | 4 Neural system in Movement |
| 2 Bioenergetics | 5 Physiological Adaptations to Exercise |
| 3 The Endocrine System | 6 Kinesiological Analysis |

SPORTS TRAINING

- | | |
|---|--------------------------------|
| 1 Individualised exercise programmes | 5 Sport Skills |
| 2 Flexibility | 6 Entrepreneurship of a sports |
| 3 Anaerobic and Aerobic exercise prescription | 7 conditioning facility |
| 4 Energy expenditure | 8 Periodisation |

PREHABILITATION

- 1 The Sports Medicine Team
- 2 Injuries and Healing
- 3 Aqua Programming
- 4 Psychological Considerations with Injuries

SPECIAL CONSIDERATIONS

- 1 Health Risks and Exercise
- 2 Special populations:
 - Weight Reduction | Insulin Resistance
 - Cardiac Health | HIV/Aids
 - The elderly & The youth | Prenatal
 - Amputee | SCI Exercise Prescription

EXERCISE PSYCHOLOGY

- 1 Communication
- 2 PA and Psychological Well-Being
- 3 Stress Management
- 4 Performance Psychology of Athletes

EXERCISE NUTRITION

- 1 Foundations of Nutrition
- 2 Nutritional Factors
- 3 Nutrition and Performance

EXERCISE ASSESSMENT

- | | |
|--------------------------------|---|
| 1 Principles of Assessment and | 6 Flexibility |
| 2 Evaluation | 7 Balance |
| 3 Pre-Participation Screening | 8 Muscular Strength |
| 4 Body composition | 9 Endurance Tests |
| 5 Posture | 10 Prehabilitation and Sport Specific Assessments |

PRACTICAL MANUAL

- | | |
|-------------------|---|
| 1 Prehabilitation | 5 Agility |
| 2 Power | 6 Injury Prevention |
| 3 Plyometrics | 7 Powerlifting and Weight Lifting Training Techniques |
| 4 Speed | |

PRACTICAL TRAINING & EXPERIENTIAL LEARNING

Comprehensive, hands-on, practical tuition offered nationally from HFPA campuses and support centres. Practical Training is also catered for on the HFPA Online Learning Platform

accreditation

- SAQA Registered Full Qualification
- NQF level 6 on the National Qualifications Framework
- Registered by the Department of Education (DOE) and accredited by the Higher Education Quality Controls & Training Committee (HEQCTO) and the Council for Higher Education (CHE)
- 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

why should you choose higher education?

Internationally, Higher Education qualifications are recognised and understood to be of a high standard and delivered by a competent, registered Higher Education Institution. (Better employment opportunities)

With a Higher Education Qualification there is an easier transition into university degree programmes for those who wish to further their studies. The HFPA Advanced Certificate in Exercise Science is registered at an NQF level 6. (most other Advanced PT courses are on NQF 5)

Higher Education Institutions are required to ensure support structures and service are at a particular level. This provides for a good study experience and better results.

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 Certificate in Sports Management
- Nutrition Advisor
- Advanced Diploma in Nutritional Therapy (UK)

description of modes of delivery

FULL TIME PROGRAMME

- Programmes are offered over an Academic Year
- Students attend weekday lectures and workshops at HFPA Campuses as per the course calendar
- Students benefit from Course Leaders and Presenters who guide them through the course
- Full Time programmes include extra courses and industry exposure which provide broader skills and therefore

earning potential

- Students graduate with the confidence to start their business
- Graduation Ceremony
- Students receive a full Course Pack

PART TIME PROGRAMME

- Students attend Lectures and Workshops (Saturday mornings or Weekday evenings)
- Highly qualified Course Presenters lead you systematically through the course material
- Programmes commence in February & July
- Students receive a full Course Pack
- Students have access to the HFPA Online Learning Platform

DISTANCE WITH WORKSHOPS (WEEKDAY PROGRAMME)

- Attend 1 workshop per week as per annual calendar
- Online and contact learning
- Access to an online tutor that assists you for the duration of your course
- Access to our professional, practical videos and related resources
- Attend support workshops, at an HFPA campus or support centre
- Receive hard-copy learning materials
- Access to our comprehensive online learning platform

DISTANCE WITH WORKSHOPS (WEEKEND PROGRAMME)

- Distance Learner Workshops are offered nationally from our support centres at no additional fee (we offer 3 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

Accounts: accounts@hfpa.co.za

National Contact Centre: 0861 777 010