



## HIGHER CERTIFICATE IN EXERCISE SCIENCE

HIGHER EDUCATION | NQF 5 | SAQA | 123 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

Grade 12 National Senior Certificate (NQF 4)

Note: 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.

### course overview

The **Higher Certificate in Exercise Science (HCES) – NQF5**, is a Higher Education qualification which qualifies you as a Personal Trainer and Sports Conditioning Coach and gives an introduction to working with Special Population Groups (such as the young and elderly).

The HCES leads to the [Advanced Certificate in Exercise](#)

#### **Science (ACES) – NQF 6**

The Advanced Certificate covers High Performance Training, Advanced Strength and Conditioning and Special Population Groups (including those with certain medical conditions). This opens up further employment opportunities in Health, Fitness and Sport.

### 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.

## subjects & modules

### ANATOMY & PHYSIOLOGY

- |  |                     |
|--|---------------------|
| 1 The Skeletal and Muscular System           | 4 Energy Systems    |
| 2 Joints                                     | 5 The Neural System |
| 3 The Respiratory and Cardiovascular systems | 6 Levers            |

### ASSESSMENT AND PROGRAMMING

- 1 Screening & Testing
- 2 Flexibility
- 3 Muscle Strength, Endurance and Power
- 4 Periodisation and Programming

### EXERCISE PSYCHOLOGY

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

### ENTREPRENEURSHIP

- 1 South African Entrepreneurs
- 2 Entrepreneurship vs. Management
- 3 Management skills
- 4 How to compile a business plan

### SAFETY AND RISK MANAGEMENT

- 1 Legal Issues
- 2 Insurance Requirements
- 3 The Fitness Industry
- 4 Safety

### NUTRITION AND WEIGHT MANAGEMENT

- 1 Digestion
- 2 Food groups
- 3 Supplements
- 4 Food labelling

### PRACTICAL MANUAL

- 1 Equipment
- 2 Flexibility
- 3 Resistance
- 4 Functional Training

### 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 5 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)

## 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 Guides
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

## learning outcomes

Successful learners will be able to:

- Design, implement and manage a physical activity programme for apparently healthy individuals, groups or special populations (sufferers from hypertension, obesity, diabetes and orthopaedic conditions) and the elderly, and apply knowledge thereof to appropriately refer specific clients to other health care providers when seen to be necessary
- Screen, assess, monitor and manage health related wellness programmes under indirect supervision
- Promote and provide safe and effective physical activity plans specific to individual participants' requirements
- Provide educated advice on lifestyle changes to improved well-being of relevant clients
- Promote and provide nutritional advice within the scope of healthy eating guidelines
- Apply the relevant legal and managerial skills to promote themselves as small business entrepreneurs within the professional personal fitness training framework
- Further your own knowledge, scope of practice and career opportunities by continuing your professional development through specialisation courses

## learning pathways

- Advanced Certificate in Exercise Science
- National Certificate in Sports Management
- Advanced Diploma in Nutritional Therapy (UK)

## 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

### **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
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## 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