



NATIONAL DIPLOMA IN FITNESS

NATIONAL DIPLOMA | NQF 5 | SAQA | 247 CREDITS | CATHSSETA | REPSSA

COURSE DURATION: 24 MONTHS

STUDY MODES: FULL TIME | PART TIME | DISTANCE | ONLINE

[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 **National Diploma: Fitness** (NDIF) is a full qualification which qualifies you to work internationally as an Exercise Specialist.

Note: Students may elect to enrol for the NDIF without first enrolling on the **National Certificate: Fitness-NCIF** (National Personal Trainer Certificate). The full 2 year NDIF programme includes all NCIF modules. Students are taken through all modules with the goal of achieving the National Diploma. Students who hold the **National Certificate: Fitness** (or equivalent) will commence with Part 2.

Part 2 (year 2) of the programme will cover the unique anatomical, biomechanical and physiological characteristics of various population groups and how these characteristics will impact programme design and testing. You will be able to work in association with a referral team of Doctors, Physiotherapists, Biokineticists, Dieticians and Sport Scientists, assisting your clients achieve their unique physical goals.

You will become a **multiskilled Fitness Professional** with a broad base of expertise and many employment opportunities both local and international.

Work internationally in a variety of fitness and recreation environments including Health Clubs, Sport and Recreation Centres, Holiday Clubs, Cruise Liners and in Private Practice. Add HFPA Continuing Education Programmes and grow your

career in the direction of your interests and passions.

Note: Students may elect to enrol for the **NDIF** without first enrolling on the **NCIF**. The full NDIF programme includes all NCIF modules.

If you have completed **NCIF**, and would like to expand your scope of practice, why not sign up for our Advanced Personal Trainer Diploma Year 2 Only course?

ADDITIONAL COURSES INCLUDED FOR FREE WITH NDIF - ADDED VALUE!

Note: These online added value courses are optional and can be completed in your own time. They are not required in order to achieve the main qualification (NDIF).

- [HiiT Instructor](#)
- [Bootcamp Instructor](#)
- [Sports Nutrition](#)
- [Applied Health & Fitness Psychology](#)
- [Sports Facility Management](#) (12 credits towards National Certificate in Sports Management)
- [Kids Development Specialist](#)

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 conditioning facility |
| 3 Anaerobic and Aerobic exercise prescription | 7 Periodisation |
| 4 Energy expenditure | |

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 Evaluation | 6 Flexibility |
| 2 Pre-Participation Screening | 7 Balance |
| 3 Body composition | 8 Muscular Strength |
| 4 Posture | 9 Endurance Tests |
| | 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 5
- Full National Diploma 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) The NDIF qualification is internationally portable enabling graduates to work anywhere in the world.

learning outcomes

- Demonstrate knowledge of the fitness environment and the context in which physical activity takes place
- Conduct and interpret pre-participation screening for physical activity readiness
- Assess, evaluate and monitor health related fitness components, and/or, components related to sports performance
- Feedback and refer as it relates to physical activity and/or to athletic performance.
- Design and demonstrate exercise and/or sports conditioning programmes
- Implement, monitor and modify exercise programmes
- Motivate and support participants in making activity related and or wellness decisions and or sports performance related decisions
- Demonstrate entrepreneurial, administration and business skills as well as the ability to incorporate IT technology.
- Demonstrate ability to discern the quality and validity of research information
- Manage, project and conduct oneself in a professional manner
- 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
- 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
- Apply the principles and methods of sport fitness conditioning
- Periodise training and the training year

learning pathways

- Advanced Diploma in Nutritional Therapy (UK)
- 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.

campuses/study modes

FULL TIME	Pretoria
DISTANCE	Johannesburg, Cape Town, Durban, Pretoria, PE, Nelspruit, Potchefstroom
ONLINE	Study anytime, anywhere

course resources

- Hard Copy Manuals (Not included with Online Study Mode)
- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

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

DISTANCE WITH WORKSHOPS PROGRAMME

- Distance Learner Workshops are offered nationally 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 offers structured online support to all Distance and Online students

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