



STUDY MODES: DISTANCE WITH WORKSHOPS | 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

Personal Trainer is an occupational skills programme which provides 87 credits towards the **National Certificate in Fitness (NCIF)**.

The **Personal Trainer** course is your shortest route to becoming a personal trainer and qualifies you to work internationally.

Personal Trainer is a comprehensive qualification in personal training and includes fitness principles, injury prevention and programme design to help your clients safely and effectively reach their fitness goals.

Note: If you wish to reach the [Diploma in Fitness \(NDIF\)](#) level

in the future then we suggest that you register for the NCIF (or NDIF) which are full **National qualifications**. The NCIF leads to the NDIF or alternatively you may register for the full NDIF which includes the NCIF modules in part 1.

ADDITIONAL COURSE INCLUDED FOR FREE WITH PERSONAL TRAINER – ADDED VALUE!

Note: This course is optional and can be completed in your own time. It is not required in order to achieve the main qualification (Personal Trainer).

- [Sports Nutrition](#)

campuses/study modes

DISTANCE	Johannesburg, Cape Town, Durban, Pretoria, Port Elizabeth, Nelspruit
ONLINE	Study anytime, anywhere

course resources

- Hard Copy Manuals (Distance only)
- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

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.
- Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of ICREPS (International Confederation of Registers for Exercise Professionals)

learning outcomes

On achieving this qualification, the learner will be able to demonstrate the following outcomes as applicable to apparently healthy* individuals:

- 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.
- Feedback and refer as it relates to physical activity.
- Design, demonstrate and lead exercise programmes.

- Implement, monitor and modify exercise programmes.
- Motivate and support fitness participants in making activity related and wellness decisions.
- Demonstrate entrepreneurial, administration and business skills.
- Project and conduct oneself in a professional manner.

learning pathways

- National Diploma in Fitness
- 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

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