



## SPORTS CONDITIONING COACH

OCCUPATIONAL SKILLS CERTIFICATE | NQF 5 | SAQA | 81 CREDITS | CATHSSETA | REPSSA

**COURSE DURATION: 6 - 12 MONTHS**

STUDY MODES OFFERED: ONLINE

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

## entry requirements

Grade 12 National Senior Certificate

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 **Sports Conditioning** occupational skills certification has been developed to provide comprehensive training for certified fitness professionals wanting to increase their scope of practice. You will be able to work in sports conditioning settings, allowing you to apply advanced programme design and conditioning methods in the fields of strength conditioning and high performance training to prepare athletes to compete at the top of their sport.

## accreditation

- 81 Credits
- SAQA Registered NQF 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

## learning outcomes

Successful learners will be able to:

- Apply advanced programme design and conditioning methods in the fields of strength conditioning and high performance training to prepare athletes to compete at the top of their sport

## 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 pathways

- Advanced Certificate in Exercise Science
- National Certificate in Coaching Science
- National Certificate in Sports Management

## 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 throughout the course.

## 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