

National Certificate in ***Fitness***

* Admission Requirements: NQF 4 qualification

🕒 Duration: 12 Months

SAQA ID 67693

⬆️ NQF 5

🏆 137 Credits

Ⓡ Accredited:
SAQA; CATHSSETA

✓ Endorsed by: REPSSA

📞 Contact
(Full Time);
Online

National Certificate in Fitness (NQF 5)

SAQA ID: 67693

 **137 Credits**

Overview

The National Certificate in Fitness (NCIF) is a full qualification which enables you to work internationally as a Personal Trainer and Conditioning Coach. This is a comprehensive qualification in personal training and physical conditioning and includes fitness principles, injury prevention and programme design to help your clients safely and effectively reach their fitness goals.

The NCIF includes an overview of special considerations, enabling graduates to provide fitness instruction and conditioning to people with certain disabilities.

Successful completion of the NCIF provides access to Part 2 of the National Diploma in Fitness (NDIF).

Note: Students may elect to enrol for the NDIF without first enrolling on the NCIF. The full 2 year NDIF programme includes all NCIF modules.

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.



Job Opportunities

- ▶ **Fitness Instructor in a large wellness and fitness facility**
- ▶ **Personal Trainer**
- ▶ **Sports Conditioning Coach**

Accreditations

SAQA, CATHSSETA

Endorsed by

REPSSA

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

Admission Requirements

Grade 12 National Senior Certificate (NQF 4)

► Recognition of Prior Learning:

The Higher Certificate in Exercise Science at NQF Level 5 may be achieved in part or wholly through Recognition of Prior Learning. Provision may be made for prior learning to be recognised if a learner is able to demonstrate competence in the knowledge, skills, values and attitudes embedded in the various Exit Level Outcomes of this qualification. Current competencies in the fitness training industry will be assessed. Candidates must, at the time of application, provide proof in the form of an academic record or other documentation to substantiate relevant practical experience.

OR

- Should a student not possess an NSC, they may study the NOC: Fitness Instructor (NQF Level 4) to gain access to the National Certificate in Fitness (NQF Level 5).

Modules

- Anatomy & Physiology
- Assessment And Programming
- Exercise Psychology
- Entrepreneurship
- Safety And Risk Management
- Nutrition And Weight Management
- Practical Manual
- Special Considerations
- Practical Training & Experiential Learning



What we offer:



National accredited certification



Practical learning



Flexible study options



Highly qualified and skilled lecturers



Job opportunity alerts on the HFPA Graduates group



Payment terms

Articulation Pathway

After successful completion of this qualification, students can articulate either horizontally or vertically into related qualifications.

Horizontal Articulation:

- ▶ National Certificate in Sports Management
- ▶ National Certificate in Coaching Science

Vertical Articulation:

- ▶ National Diploma in Fitness; Advanced Certificate in Exercise Science

Intake Dates

Mode of Delivery	Overview	Campus	Intake	Start Date
Contact Learning Online Learning	Full time on campus Online learning platform	Gqeberha Stellenbosch Sunninghill	2027 Intake	February 2027 July 2027



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