

National Certificate in ***Fitness***

* Admission Requirements: NQF 4 qualification

⌚ Duration: 12 Months

SAQA ID 67693

⏏ NQF 5

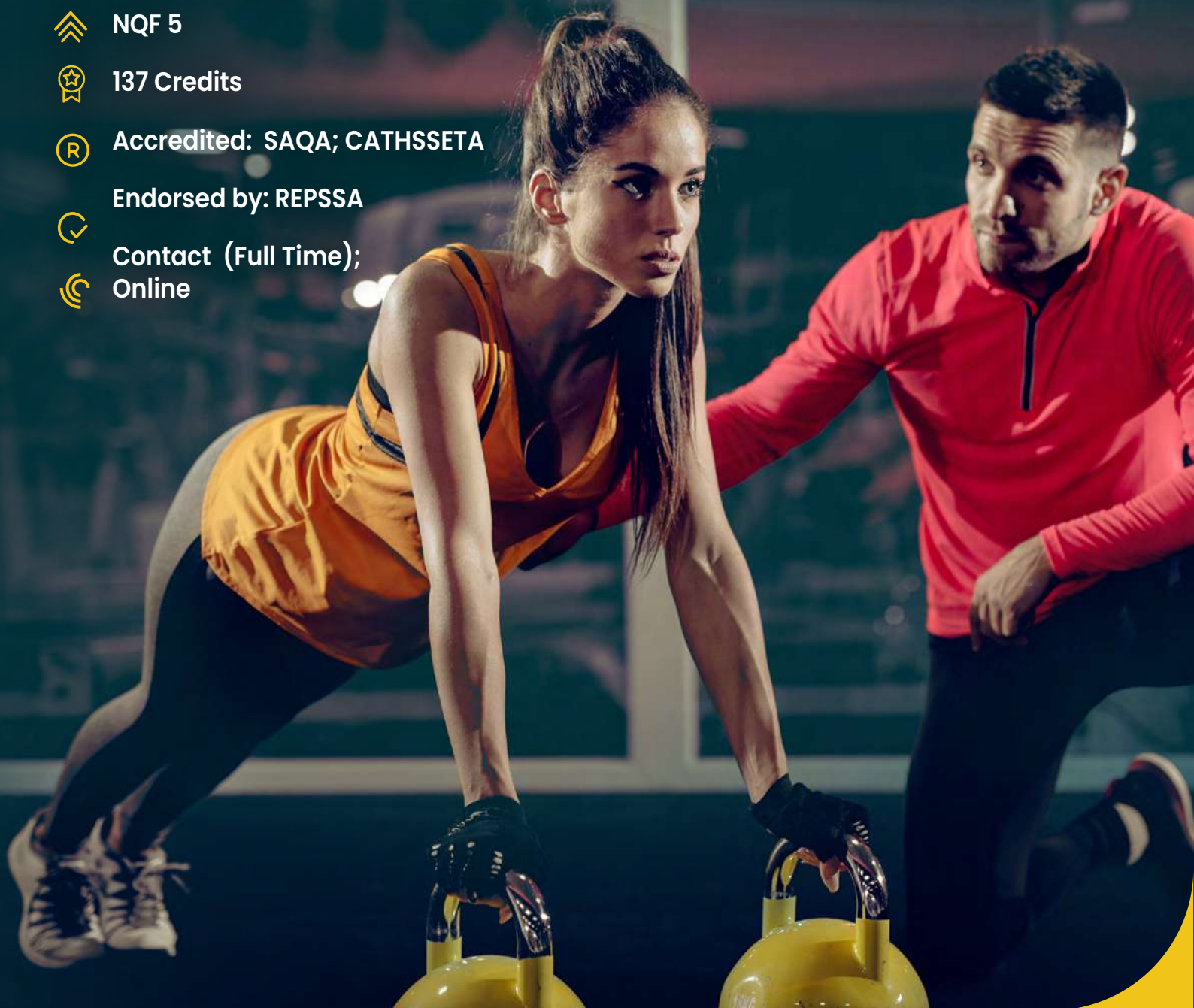
🏆 137 Credits

Ⓡ 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 designed to develop the knowledge, practical skills and professional competencies required to work as a Personal Trainer and Fitness Professional within the health and fitness industry.

The programme integrates the principles of exercise science, fitness assessment, exercise programming, physical conditioning and safe exercise practice, enabling graduates to design and deliver effective, individualised exercise programmes that support clients in achieving their health, fitness and performance goals.

Students develop an understanding of exercise considerations for diverse populations and individuals with specific needs, preparing them to adapt exercise programmes appropriately while working within their professional scope of practice.

Successful completion of the NCIF provides a pathway for further study and progression within the fitness and exercise science field.

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

CATHSSETA

Endorsed by

REPSSA



Admission Requirements

- ▶ Grade 12 National Senior certificate (NQF 4)
- ▶ An appropriate NQF Level 4 qualification; or
- ▶ Admission through Recognition of Prior Learning (RPL), subject to the HFPA's RPL policy and assessment requirements..

Modules



ANATOMY AND PHYSIOLOGY:

Introduces the structure and function of the human body and how the major body systems respond and adapt to exercise and physical activity.



ASSESSMENT AND PROGRAMMING:

Develops the skills to conduct fitness assessments, interpret results and design safe, effective and individualised exercise programmes to meet client goals.



EXERCISE PSYCHOLOGY:

Explores the psychological and behavioural factors that influence exercise participation, motivation and adherence, enabling fitness professionals to better support their clients.



ENTREPREUNERSHIP:

Introduces the essential business and entrepreneurial skills required to establish, manage and grow a successful career or business within the fitness industry.



SAFETY AND RISK MANAGEMENT:

Develops the knowledge and practical skills required to identify and manage risks, promote safe exercise environments and respond appropriately to injuries and emergencies.



NUTRITION AND WEIGHT MANAGEMENT:

Introduces the principles of healthy nutrition, energy balance and weight management, enabling fitness professionals to provide appropriate nutrition guidance within their professional scope of practice.



PRACTICAL MANUAL:

Develops and records the practical skills required of a fitness professional, providing structured opportunities to demonstrate competence in exercise instruction, assessment and programme delivery.



SPECIAL CONSIDERATIONS:

Explores the adaptations and precautions required when working with individuals with different needs, conditions and abilities, enabling safe and appropriate exercise participation.



PRACTICAL TRAINING AND EXPERIENTIAL LEARNING:

Provides supervised practical experience in fitness and exercise environments, allowing learners to apply their knowledge, develop professional skills and gain experience working with clients in real-world settings.

What we offer:



Practical learning



Job opportunity alerts on the Hfpa Graduates group



Highly qualified and skilled lecturers



Payment terms

Bring Your Own Device (BYOD) Requirements

Hfpa students require reliable access to a personal laptop or desktop computer and the internet to participate fully in their studies. The device is used to access the learning platform, communicate by email, attend online learning activities where applicable, complete assignments using applications such as Microsoft Word and Excel, and download or upload learning materials. The prescribed and recommended reading material is also found online. **Please refer to the Bring Your Own Device (BYOD) document in the About Us section of our website for more information.**



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