

National Diploma in **Fitness**

* Admission Requirements: NQF 4 qualification

⌚ Duration: 24 Months

SAQA ID 21890 / 67691

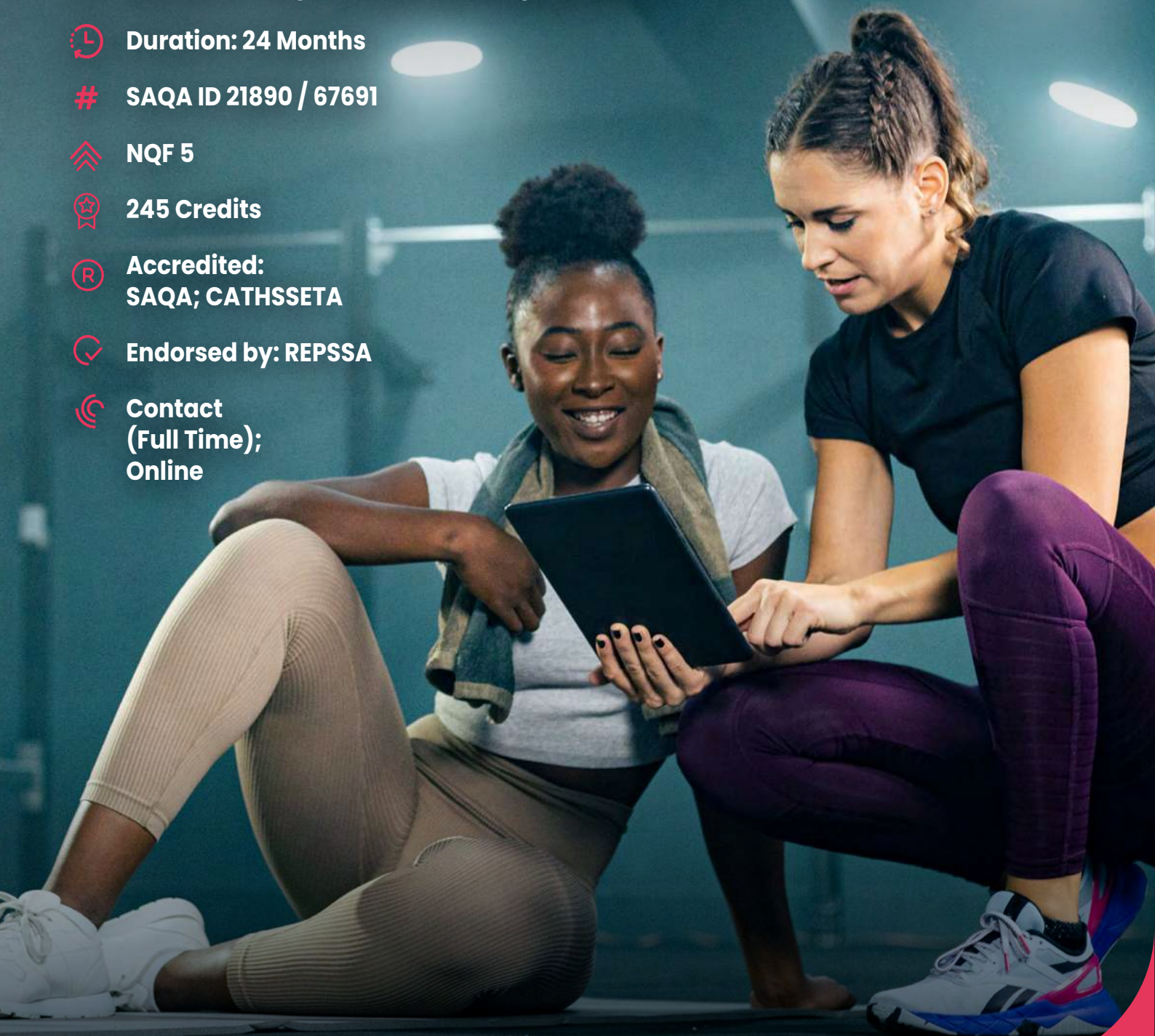
⏏ NQF 5

🏆 245 Credits

Ⓡ Accredited:
SAQA; CATHSSETA

✓ Endorsed by: REPSSA

📶 Contact
(Full Time);
Online



National Diploma in Fitness (NQF 5)

SAQA ID: 21890 / 67691  245 Credits

Overview

The National Diploma in Fitness (NDIF) is a comprehensive two-year qualification designed to develop highly skilled fitness professionals with the knowledge and practical competence to work as Exercise Specialists in a range of fitness, health and recreation environments.

The programme incorporates all modules of the National Certificate in Fitness (NCIF) during the first year and progresses to advanced study in the second year. Students develop a deeper understanding of the anatomical, biomechanical and physiological characteristics of different population groups and learn how these factors influence fitness assessment, exercise prescription and programme design.

Graduates develop the skills to work with clients who have diverse exercise and conditioning needs and to operate appropriately within a multidisciplinary referral environment, working alongside professionals such as doctors, physiotherapists, biokineticists, dietitians and sport scientists.

The Diploma develops a multi-skilled fitness professional with a broad scope of knowledge and practical expertise, creating opportunities to work locally and internationally in health clubs, fitness centres, sport and recreation facilities, resorts, cruise liners and private practice.



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.

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)

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 National Diploma in Fitness NQF 5 programme and a pathway into more advanced programmes and further opportunities.

Modules

YEAR 1:

- ▶ Anatomy and Physiology
- ▶ Assessment and Programming
- ▶ Special Considerations
- ▶ Exercise Psychology
- ▶ The Fitness Environment
- ▶ Exercise Nutrition
- ▶ Elective
- ▶ Entrepreneurship & Business Management
- ▶ Experiential Learning

YEAR 2:

- ▶ Anatomy and Physiology
- ▶ The Fitness Assessment
- ▶ Nutrition
- ▶ Special Considerations (Older Adults, Pregnancy and Children and Youth Exercise)
- ▶ Periodised Training
- ▶ Principles and methods of sports conditioning
- ▶ Personal Development Training
- ▶ Injuries, Illness and Risk Factors



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.**

Enquiries:  079 172 1728 | info@hfpa.co.za | hfpa.co.za

National Contact Centre: 0861 777 010



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