

## certificate in fitness

NQF level 5, 137 credits, 1 year learning programme (full time or correspondence) and part time-accelerated learning

### course description

The fitness certificate learning programme provides an exciting balance of theory and practice to enable graduates to work as personal trainers or fitness instructors in **health and fitness workplaces nationally** and internationally. The programme ensures that students have sufficient field-based experiential learning to achieve their qualification. Graduates are able to work in fitness facilities, in private or corporate gyms or run their own private practice as a personal trainer. If they add other specialisation modules, they can broaden their scope to include skills such as **Pilates Instructor, Yoga Teacher, Spinning Instructor, Aerobics Instructor and Sport coaching**. Through the **eta** process of personalised teaching and exposure to plenty of physical activity and sport, students are able to successfully achieve their assessment criteria. A qualifying student is able to:

- design and implement and monitor fitness programmes
- screen, assess and refer to appropriate health care professionals
- promote and provide health and safety in their practice
- provide advice on nutrition, wellness and goal setting
- demonstrate business and administration skills to run their own fitness business or unit

### specialisations

All graduates qualify as personal trainers. Students can also add on additional skills and choose any of the specialisation modules on offer during their course with **eta**. These options include aerobic, step and tone classes to music, coaching sport (cricket, football, hockey, netball or rugby, beginner to intermediate level), indoor cycle classes to music (spinning), massage for sport and fitness, nutrition for performance, pilates basic mat, sport psychology, vinyasa yoga.

### course modules

1. life skills for fitness professionals
2. exercise science
3. applied kinesiology and training methods
4. screening, assessment and programme design
5. lead and instruct individuals or groups (personal training)
6. special needs in fitness
7. nutrition and wellness
8. health and safety
9. business administration and management