

diploma in fitness (sport conditioning)

NQF level 5, 247 credits, 2- year learning programme (full time or correspondece) and part time-accelerated learning

course description

The fitness diploma (sport conditioning) learning programme provides an exciting balance of theory and practice to enable graduates to work as personal trainers and sport conditioning trainers or coaches, working with apparently healthy clients or athletes who want to improve their sport performance. Graduates are able to work in the sport and fitness industry nationally and internationally. The programme ensures that students have sufficient field-based experiential learning to achieve their qualification. If they add other specialisation modules, they can broaden their scope to include Indoor Cycling, Pilates Instructor or 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, implement and teach physical activity programmes for clients or athletes
- screen, assess and motivate clients
- instruct and teach sport related conditioning programmes
- periodise and plan for sport programmes that include speed, agility, strength and power components
- provide advice on stress management, nutrition and lifestyle management
- demonstrate communication and lifestyle counselling skills
- demonstrate entrepreneurial skills and manage their own business or unit in a fitness facility

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**, at an extra cost. 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, massage for sport and fitness, nutrition for performance, pilates mat, vinyasa yoga level one.

course modules

first year

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 (personal training)
6. special needs in fitness
7. nutrition and wellness
8. health and safety
9. business administration and management

second year

1. lifestyle coaching
2. sport and exercise science
3. sport injuries and health management
4. screening, assessment and programming for sport
5. sport nutrition
6. sport skills and tactics
7. public speaking

first year modules and subjects**1. life skills for fitness professionals**

- operate a personal computer
- Planning and conducting research
- values and ethics
- legal and professional issues

2. exercise science

- anatomy
- exercise physiology
- applied kinesiology
- training principles and methods

3. growth and development

- growth and development

4. screening, assessment and programme design

- risk screening
- motivation and communication
- assessment and fitness testing
- programme design

5. lead and instruct exercise

- personal training

6. nutrition and wellness

- nutrition principles
- wellness and lifestyle

6. special needs in fitness

- social issues, diversity and equity
- special needs and disabilities

7. health and safety in fitness

- HIV/aids in the workplace
- safety and risk management
- occupational health and safety

8. business management in fitness

- personal organisation
- entrepreneurship and business management
- team work
- workplace communication
- fitness facility maintenance

second year modules and subjects**1. lifestyle coaching**

- mentoring
- personal growth
- lifestyle coaching

2. sport and exercise science

- sport and exercise physiology
- anatomy and biomechanics for sport

3. sport Injuries and health management

- medical and health considerations for sport
- sport injuries

4. screening, assessment and programming for sport

- screening, assessing and testing for sport
- sport fitness conditioning
- periodisation of training

5. sport nutrition

- nutrition and eating disorders
- sport nutrition and ergogenic aids

7. sport skills and tactics

- skills and tactics for sport
- talent identification and development

8. public speaking

- public speaking