



Incorporating the wisdom of genes into practice

This specialisation on Diet, Exercise and Genetics will add a valuable qualification to your current competencies as a fitness practitioner, sport coach or health & wellness practitioner. On successful completion, you will understand genetics and be able to use results of DNA tests to personalize clients' exercise and eating programmes.

“Genes are responsible for about half the variation in physical performance between individuals in the population. Genes are probably even more important than training in explaining differences in performance”

(Prof W.G. Hopkins)

Subjects include:

1. Terminology of genetics and the biology of DNA.
2. Relevant aspects of genetic testing.
3. The concepts of nutrigenomics, nutrigenetics and actigenetics.
4. Specific diet-gene interactions that impact chronic diseases development.
5. Specific diet-gene interactions and their role in weight management.
6. Specific exercise-gene interactions which play a role in sports performance and exercise prescription for weight management.
7. The ethical, legal and social Issues of genetic testing.

Credits and duration

The credit value of this course is 12 credits (120 notional learning hours). If you allow approximately 10-hours a week for studies (including tasks for assessment and experiential learning) you will take 12 weeks to complete the course.

Specialisation programmes are learner-paced. Students learn at different rates and some become competent and confident sooner than others. Our experience informs us that students who follow the learning process usually master the learning for the specialisation in the expected time frame.

Admission Criteria and certification requirements

- 1. Qualified applicants:** If you hold a qualification which includes exercise science and nutrition, you need to provide proof of your certification when you register.
- 2. Unqualified applicants:** Unqualified applicants would need to successfully complete the minimum admission criteria for this specialisation which is *Exercise & Fitness Studies, Nutrition & Weight Management*
- 3. Self improvement:** It is possible to attend the specialisation but not take assessment.
- 4. Certificates:** Certificates are only provided once fees are paid in full and on successful completion of all assessment criteria. Certificates of attendance are **not** provided. Students receive a letter of registration and confirmation once they register.

All students receive: Course book, file with notes, study guide and evidence portfolio.

Studying through Distance Learning

You do not attend classes; you follow the instructions and the learning process in your **eta** Study Guide. See points 3 and 4 below

Studying through an eta campus

1. Induction session and introduction to the learning system

You will attend an induction session given by an **eta** facilitator. The aim of the session is to prepare you for the learning and assessment process. In addition, it is an opportunity for you to clarify your expectations and for **eta** to ensure that you understand their expectations.

2. Attend a workshop at your campus

Once you have familiarised yourself with the material, you attend a workshop with a qualified practitioner. The workshop focuses on application to help you acquire a deeper understanding of the skills required.

All students do the following

3. Learn and practice what you have learnt

As a self-reliant student, you study your manual, follow the study guide, gather evidence for your portfolio and immerse yourself in your specialisation.

4. Submit your portfolio of evidence

Submit your completed tasks for summative assessment. You will receive written assessment feedback and results.



leading sport and fitness education

To register

Complete the **eta** registration form for specialisations. You can also go to the website www.exerciseacademy.com and click on the **short course** button on the home page.

Accreditation

For details of **eta** accreditation check on the **eta** website: www.exerciseacademy.com

Continued Professional Development Credits

All **eta** modules and specialisations will be registered with REPS SA for Continuing Professional Development credits.