



This preliminary module in *Exercise and Fitness Studies* provides the relevant exercise science background required for admission into **eta's** short courses. The course has been benchmarked against the requirements of CYQ accreditation and for acceptance on to the Register of Exercise Professionals, South Africa (REPS SA).

Subjects include

1. Anatomy and physiology of the human body, in the context of exercise and health
2. The principles of exercise, fitness and health
3. Health, safety and welfare in a fitness environment
4. How to support clients who participate in exercise and physical activity

On successful completion, you will be able to understand and apply;

1. Aspects of the cardiovascular and respiratory systems that affect exercise, health and fitness
2. Aspects of the musculoskeletal system that affect exercise, health and fitness
3. Planes of movement, body types, stability and posture related to exercise, health and fitness
4. Aspects of the nervous system that affect exercise, health and fitness
5. Aspects of the endocrine system that affect exercise, health and fitness
6. Aspects of the energy systems that affect exercise, health and fitness
7. The principles of exercise and the components of fitness
8. The benefits of fitness and apply exercise programming, exercise modalities and exercise intensity
9. Health, safety and welfare in a fitness environment
10. Professionalism, client management and client support in a fitness environment

Credits and duration

The credit value of this course is 20 credits (200 notional learning hours). If you allow approximately 10-hours a week for studies (including tasks for assessment and experiential learning) you will take 20 weeks to complete the course.

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 their learning in the expected time frame.

Admission and Certification Criteria

- Candidates need a grade 12 certificate at NQF level 4 or a letter of motivation for acceptance on to the course
- As this course is required to enter and achieve certification in the **eta** fitness and coaching specialisation courses, on completion and on successful achievement of all assessment criteria, qualifying students receive their certification in their chosen specialisation.
- Should students want to achieve this course as a stand-alone, on successful achievement of the assessment criteria; students receive an Award in Exercise and Fitness Studies.

Students receive the following

eta Course manual and file with 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 knowledge and 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 studies.

4. Submit your portfolio of evidence

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

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