



Lifestyle Coaching

This specialisation on **Lifestyle Coaching** will add a valuable qualification to your current competencies as a fitness practitioner or coach. On successful completion of the course, you will understand the principles of lifestyle coaching and be able to use your knowledge and skills to identify clients' needs and goals and be able to provide advice on appropriate interventions for lifestyle improvement.

Subjects include

1. Principles of lifestyle coaching
2. Understanding wellness and the role of stress resilience
3. Emotional Intelligence
4. Communications skills, motivating and inspiring clients
5. Coaching model to implement lifestyle changes

Credits and duration

The credit value of this course is 15 credits (150 notional learning hours). If you allow approximately 10-hours a week for studies (including tasks for assessment and experiential learning) you will take 15 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 the learning for the specialization 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:** You need to complete the learning and assessment criteria of the prerequisite/s and the specialisation.
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 4 and 5 below

Studying through an eta campus

*This module may be run as part of an existing **eta** programme or it may be run separately. If run separately, the following procedure will be followed.*

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 practical skills workshop with a qualified practitioner who is experienced in this specialisation. The workshop focuses on application to help you acquire a deeper understanding of your specialisation.

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.

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