

The **eta** has developed a range of exciting specialisation courses to empower and enable their students with workplace skills so that they can function effectively in existing and new working environments. The courses are available as modular programmes taught at **eta** campuses or as distance learning programmes.



### **Benefits of doing this short course**

This short course on **Lifestyle Coaching** will enable you to add a valuable qualification to your current competencies if you are a qualified fitness practitioner or sport coach. If you are not fully qualified, completing this course is a great start to your path in the sport and fitness industry; or it can simply add value to that hobby you love.

### **The learning programme**

You will build on your existing knowledge and skills in exercise science and nutrition. If you do not have these, you will need to study and be assessed in the introductory **eta** exercise science module and complete the **eta** nutrition for performance short course. For this lifestyle coaching course you will learn stress management and counselling skills. Subjects include:

1. Introductory exercise science module
2. Stress and change management
3. Identifying and assessing lifestyle needs
4. Consulting and counselling skills
5. Implementing lifestyle programmes

### **You receive the following:**

Course manual and file with study guide and evidence portfolio

### **Learning and assessment process**

The course is based on sound education and training principles; combining theoretical and practical education. In your programme, you will be provided with instructions for your basic learning process along with self assessments to monitor your progress. Learning activities and assessment tasks are included. At the end of your learning process you will be required to submit a knowledge test and evidence from relevant case studies.

**Certification:** On successful completion of the assessment criteria, you will receive a *Certificate in Lifestyle Coaching*.

**Duration:** The programme is based on 260 notional hours (150 of these are allocated to exercise science). This means it should take you 260 hours to complete successfully. An experienced practitioner or a student currently studying with **eta** will take less time as they already know aspects of the programme and may be using the programme as a refresher or as a means to obtain an additional qualification.

### **Categories of candidates**

1. **Fitness or Coaching Science:** these are candidates who are currently studying or have completed a national qualification in Fitness or Coaching Science. These candidates are exempt from the introductory exercise science module. On achieving the prescribed assessment criteria for the specialisation, they will receive a module certificate.
2. **Bridging:** these are experienced people, working in the sport or fitness industry that may not have a formal qualification. If they wish to qualify in their specialisation, they must achieve the assessment criteria of exercise science as well as their specialisation. On successful achievement of the assessment criteria, they will receive a certificate.
3. **Hobbyist:** these are people who are seeking knowledge or self-improvement. These candidates are not assessed and do *not* receive a certificate. However, if they wish to qualify, they need to complete the exercise science section of the course as well. Assessment then includes exercise science and the specialisation. On achieving all of the prescribed assessment criteria, they will receive a module certificate.

**Assessment:** Assessment cost is included for category 1 candidates. For candidates in category 2 or 3, assessment of the exercise science section is extra.

**To register:** Complete the **eta** registration form for specialisations. You can also enquire on our website. Go to [www.exerciseacademy.com](http://www.exerciseacademy.com) and click on the **specialisations** button on the home page.

**Accreditation:** For details of **eta** accreditation check on the **eta** website: [www.exerciseacademy.com](http://www.exerciseacademy.com)