



**This is  
my 9-5**

***Part Time Prospectus 2012***

A group of people in a fitness studio, with a woman in the foreground performing a backbend. The image is overlaid with a purple tint.

# Contents

About HFPA	2
HFPA's 32 years of achievements	3
HFPA Education	4
Diploma in Exercise Science - year 1	6
Diploma in Exercise Science - year 2	8
CYQ Level 2 Certificate in Fitness	11

# MISSION STATEMENT



*To maintain our position as the leading educational Institution for the Southern African Fitness Industry.*

*To contribute to the long term success and growth of our industry.*

*To represent the interests of our students, and to provide services according to their needs.*

# ABOUT HFPA

Founded in 1979, HFPA was one of the first organisations internationally, to recognise and act upon the need for representation and specialised training for the Sport & Fitness industry. Over a period of 32 years HFPA has led the initiative to create unity and set professional standards for the Southern African fitness industry. This initiative has now taken on an international perspective as we work closely with several other countries striving towards the same goals.

---

## HFPA is represented in the following regions

### Head Office

Johannesburg, Rivonia

### Regional Offices

Durban, Cape Town

### Also represented in

Bedfordview, Pretoria, Port Elizabeth, East London, George, Pietermaritzburg, Kimberley, University of Johannesburg

### Distance learning

Africa: Botswana, Namibia, Zimbabwe

International: United Arab Emirates (Dubai),

United Kingdom

Contact our Head Office and we will put you in touch with your local area representative

### Head office: Rivonia Campus

Tel: +27 11 807 9673

Fax: +27 11 234 3333

Email: [info@hfpa.co.za](mailto:info@hfpa.co.za)

Website: [www.hfpa.co.za](http://www.hfpa.co.za)

Address: Unit 4 Rivonia Village,  
Rivonia Boulevard  
Rivonia, 2128

Postal address: PO Box 2075, Rivonia, 2128,  
South Africa

# HFPA'S 32 YEARS OF ACHIEVEMENTS

- 1979** The first to offer professional representation to the SA fitness industry, to negotiate on it's behalf and to satisfy the specific needs of the industry.
- 1979** The first to provide professional education and training for the SA Fitness Industry.
- 1981** Established a professional relationship with Pretoria University, Sport and Training Institute for Continuing Education seminars.
- 1983** Introduced competitive Aerobics into South Africa and ran the SA National Aerobics Championship annually until 1991.
- 1985** Presented the first SA Fitness Industry Convention, which became an annual event featuring international presenters.
- 1986** Invited by SAASSPER, as a founder member of the National Exercise Leaders Committee, to set educational standards and establish an "umbrella body" for the fitness industry.
- 1988** Successfully negotiated Professional Indemnity Insurance cover for qualified fitness instructors.
- 1989** Appointed as a Continuing Education Provider for the IDEA Foundation USA.
- 1990** Appointed by IDEA Foundation and Columbia Assessment Services, USA, to administer the Aerobics Certification Examination in South Africa.
- 1992** Joined forces with the Educational Assessment Service of the Human Sciences Research Council (HSRC) to provide National Certification Examinations for fitness professionals.
- 1993** Accepted as a member of the NSC (National Sports Council) representing the fitness industry.
- 1994** Appointed International Liaison in Africa for IHRSA (USA based – International Health, Racquet and Sports club Association).
- 2000** Appointed as Exclusive Licensee (South Africa) to market Continuing Education Courses by Desert South West Fitness Inc. (DSWF), the world's largest provider of continuing education courses for the Fitness Industry
- 2001** HFPA courses are accredited by SAQA (South African Qualifications Authority) on the Higher Education level.
- 2002** Registered by the Department of Education as a Private Higher Education Institution for the courses as shown on Certificate No. 2001/HE07/002
- 2003** HFPA becomes a service provider to RAU (now the University of JHB) Sport Faculty. We offer 1 'elective' programme for UJ students.
- 2005** Our Principal is elected as Vice Chairman of the SGB (Standards Generating Body) for Fitness in SA.
- 2005** Courses are fully accredited by the Fitness Standards Council (FSC), which is based in North America and represented internationally.
- 2006** HFPA is awarded "Affiliate" Status by the NBFE (National Board of Fitness Examiners) USA.
- 2006** HFPA Exercise Science courses are accredited in the UK by "Skills Active", the UK accrediting body for courses in Sport, Recreation and Fitness.
- 2008** Virgin Active and HFPA enter into an agreement to offer the HFPA Diploma in Exercise Science (Personal Trainer) 'in-house' to Virgin Active staff members.
- 2009** HFPA becomes an accredited provider of CYQ (Central YMCA Qualifications) UK.
- 2010** REPS SA (Register of Exercise Professionals) recognises HFPA as one of the leading fitness providers.
- 2011** HFPA is awarded "Affiliate's status by CanFitPro, Canada.

# HFPA EDUCATION

## Accreditation

HFPA is registered by the Department of Education for the courses as shown on certificate no. 2001/HE07/002.

HFPA Diploma in Exercise Science is accredited on the higher education level by the CHE (Council for Higher Education). HFPA is registered as a higher education (tertiary) institution by SAQA (South African Qualifications Authority).

Courses are listed on the NQF (National Qualifications Framework).

See: [www.saqa.org.za](http://www.saqa.org.za)

HFPA has been awarded "Affiliate" status by the NBFE (National Board of Fitness Examiners) USA. This qualifies HFPA graduates to write the NBFE examinations, which we offer in South Africa.

We are currently an accredited provider of CYQ (United Kingdom awarding Body) programmes and examinations.

Also our programmes are registered with REPS SA, this means that our students qualify to gain automatic registration onto the UK, European, Australian and New Zealand, REPS (Register of Exercise Professionals), thus enabling them to gain employment in these countries without having to undergo further assessments or examinations.

At HFPA we are committed to providing top class education in fully equipped and professional learning environments. We have a reputation in the industry of producing graduates with superior knowledge and competence. Courses adhere to the highest international certification standards.

***It is important that you study at an institution that is established and well accredited.***

## Our comprehensive training programmes include

- Lectures and workshops
- Extensive "hands on" practical training
- Experiential training (internship)
- The inclusion of Sports Conditioning in the Diploma in Exercise Science course provides the graduate with additional skills that open up more opportunities for employment or self-employment in the workplace.
- Coaching Science is available as a continuing education programme.
- HFPA study manuals and textbooks are updated regularly and students on course are provided with the latest scientific information.

## HFPA education programmes

### Diploma in Exercise Science Part 1

- Personal Trainer with
- Sports Conditioning
- and Coaching Science  
(optional extra)

### Diploma in Exercise Science – Part 2 (N.Dip. Ex Sc)

- Exercise Specialist with
- Sports Conditioning

### UK CYQ Certificate in Fitness (HFPA level 4)

- Mandatory units to be done  
in conjunction with one of the 3  
recommended options,  
these include:
- Gym-based Exercise
- Exercise to Music
- Water-based Exercise

### Continuing Professional Development Programme

We also offer over 100 Continuing Professional Development Programmes to Fitness Professionals who wish to increase the scope of their work. All courses have international Continuing Education Credit values. These are offered in association with Desert Southwest Fitness, which is the largest provider of continuing education in the world.


HFPA is the sole agent for these courses in Southern Africa.

- Coaching Science
- Health and Fitness Management
- Sports Conditioning with Speed, Agility and Quickness
- Sports Nutrition and Supplementation
- Sports Massage Therapy
- Pilates Instructor
- Pre and Post Natal (exercise and pregnancy)
- Kids Development
- Exercise Instruction using Kettlebells
- StudioFit™ includes StudioBall™ level 1 and 2
- StudioCycle™
- StudioBox™
- CPR and First Aid

### Career opportunities

Graduates are employed in health and fitness facilities, sport specific environments, in private practice, schools, sports clubs and rehabilitation centres. Also in hotel spas and on luxury cruise liners. The Health and Fitness industry is one of the fastest growing industries internationally. Employment opportunities for the qualified fitness professional are abundant.

***By keeping up to date with the latest information and trends, taking advantage of continuing education and specialisation, the graduate is assured of further exciting career opportunities.***



# DIPLOMA IN EXERCISE SCIENCE

## Year 1 - Personal Trainer / Sports Conditioning and Coaching Science

### Aim

To give the student a clear understanding of the specific principles of fitness training and provide a sound knowledge base from which to progress. We aim to “multi-skill” our students / graduates thereby increasing the avenues of employment. This is a comprehensive program, which ensures that graduates enter the workplace with sufficient knowledge and experience in the use of equipment, training, coaching and screening techniques. Coaching Science is now included in the full-time syllabus.

### Duration

- 1 year to complete the course (6 month lectures / 6 months to complete requirements)

### Course format

- Personal Training Includes Nutrition and Weight Management, Training in different environments and Entrepreneurship.
- Sports Conditioning

### Additional requirements

- CPR Certificate and Level 1 First Aid (courses offered by HFPA, price not included in course fee)
- 50 hours of Experiential Training in the industry

### Students are required to purchase a “Study Pack” which includes

HFPA study manuals  
(Theory and Practical) and Study Guides  
Assignments, open-book tests and self-test questions  
HFPA DVDs (Practical Training and Student Resource)  
Blood Pressure: Stethoscope and Cuff  
Body Composition: Skinfold Callipers  
T-Shirt  
Student Card  
Water Bottle  
Carry Bag



## Course content

### **Module 1. Anatomy and Physiology**

- Chapter 1 Orientation Concepts
- Chapter 2 Mechanical Lever System
- Chapter 3 The Cell as a Building Block
- Chapter 4 The Respiratory System
- Chapter 5 The Cardiovascular System
- Chapter 6 The Skeletal System
- Chapter 7 Articulations
- Chapter 8 Muscular System
- Chapter 9 Skeletal Muscle – Structure and Function
- Chapter 10 Energy Systems

### **Module 2. Principles And Methods Of Health Related Training**

- Chapter 1 Components of Fitness
- Chapter 2 Principles of Training
- Chapter 3 Designing a Programme for Individuals
- Chapter 4 Designing a Programme for Groups

### **Module 3. Safety**

- Chapter 1 Environmental Considerations
- Chapter 2 Health Screening and Evaluation
- Chapter 3 Injury
- Chapter 4 First Aid and CPR

### **Module 4. Exercise and Modifications for Special Needs**

- Chapter 1 21st Century Clients
- Chapter 2 Age Specific Training
- Chapter 3 Disabilities

### **Module 5. Psychology and Lifestyle Issues**

- Chapter 1 Communication and Teaching Skills
- Chapter 2 Stress Management
- Chapter 3 Physical Activity and Psychological Well-Being

### **Module 6. Legal and Insurance Issues**

- Chapter 1 Legal Issues
- Chapter 2 Insurance Requirements
- Chapter 3 The Fitness Industry

### **Module 7. Entrepreneurship**

- Chapter 1 Legal Issues

### **Module 8. Nutrition and Weight Management**

#### **Electives**

- *Training in different environments*
- *Sports Conditioning*

# DIPLOMA IN EXERCISE SCIENCE



## Year 2 (Dip.Ex.Sc) Exercise Specialist with Sports Conditioning

### Aim

To provide comprehensive training in the fields of clinical exercise prescription and specific training for the fitness professional who wishes to enter the field of advanced training and consulting, and to ensure a clear understanding of the concept, potential and responsibilities of this specialised field of work.

### Duration

- 1 year to complete the course (6 month lectures / 6 months to complete requirements)

### Course format

- Lectures and Workshops, Extensive “hands on” Practical Training, Experiential learning (Internship 100 hrs) and field studies.
- Documented Case Study, Research Project, Practical Research Portfolio.
- Recommended: Level 1 Coaching and Referee course with a Sporting Federation of your choice.

### Students are required to purchase a “Study Pack” which includes

HFPA study manuals and study guides  
Assignments, open-book tests and self-test questions  
Required Textbook:  
“NSCA” Essentials of Strength Training and Conditioning  
(Beachle and Earle)  
Testing Equipment:  
Goniometer; Anatomical Tape Measure  
T-Shirt  
Student Card  
Water Bottle  
Carry Bag



## Course content

### Module 1

- Chapter 1 Functional Anatomy
- Chapter 2 Kinesiology
- Chapter 3 Exercise Physiology
- Chapter 4 Flexibility
- Chapter 5 Anaerobic and Aerobic Exercise Prescription and the Application of Exercise Prescription Principles
- Chapter 6 Exercising Opposing Muscles
- Chapter 7 Motor Skills
- Chapter 8 Integrating Information Regarding Athletes
- Chapter 9 Individualised Exercise Programmes
- Chapter 10 Energy Expenditure
- Chapter 11 Muscle Cramping

### Module 2

- Chapter 1 Age Related Differences and Implications
- Chapter 2 Pre and Post Natal
- Chapter 3 Diabetes Mellitus
- Chapter 4 Exercise and Weight Reduction
- Chapter 5 Exercise and Parkinson's Disease
- Chapter 6 Exercise and HIV
- Chapter 7 Cardiac Rehabilitation
- Chapter 8 Exercise Training for Individuals with Locomotor Disability and Amputees
- Chapter 9 Communication and Teaching
- Chapter 10 Physical Activity and Psychological Wellbeing
- Chapter 11 Training Overload, Overtraining and Overtraining Syndrome

- Chapter 12 Stress Management
- Chapter 13 Legal Issues
- Chapter 14 Organisation and Administration of the Strength and Conditioning Facility

### Module 3

- Chapter 1 Testing and Evaluation
- Chapter 2 Sports Injuries
- Chapter 3 Assessment and Treatment
- Chapter 4 Common Injuries of the Lower Limb
- Chapter 5 Common Injuries of the Upper Limb



**THIS IS MY 9-5**

# CERTIFICATE IN FITNESS INSTRUCTING

## (UK CYQ LEVEL 2 HFPA NQF LEVEL 4)\*

### Aim

The aim of this course is to teach the underlying principles of Exercise Science and is intended as a bridging course for students who wish to study for the National Diploma in Exercise Science and do not have the necessary entrance requirements (Grade 12 or equivalent). It is also a pre-requisite for students with no prior training in exercise science who wish to register for HFPA short courses. This course is designed to provide the learner with knowledge, understanding and skills to plan and instruct gym-based exercise.

---

### Duration

Recommended 3- 6 months

NQF Level 4 Matric equivalent

### Format

This is a home-study programme with a written exam and two worksheets

### Course content

#### **Anatomy and physiology including:**

- the heart and circulatory system
- the respiratory system
- structure and function of the skeleton
- postural and core stability
- the nervous and energy systems and their relation to exercise

#### **Principles of Exercise, Fitness and Health**

**Know how to Support clients who take part in exercise and physical activity**

### Options to complete certificate in fitness instructing

#### **Option 1: Gym instructor course (Gym-based Exercise)**

This qualification is aimed at the learner who wants to pursue a career in the health and fitness industry as a fitness instructor in the context of gym-based exercise. This course is designed to provide the learner with knowledge, understanding and skills to plan and instruct gym-based exercise.

### Requirements

Practical exam (practical workshop to be arranged)

# CERTIFICATE IN FITNESS INSTRUCTING / CONTINUED (UK CYQ LEVEL 2 HFPA NQF LEVEL 4)\*

## Option 2: Group Fitness course (Exercise to music)

This qualification is aimed at the learner who wants to pursue a career in the health and fitness industry as a fitness instructor in the context of exercise to music. This course is designed to provide the learner with knowledge, understanding and skills to plan and instruct group classes.

### Requirements

Practical exam (practical workshops compulsory)

## Option 3: Aqua course (Water-based Exercise)

This qualification is aimed at the learner who wants to pursue a career in the health and fitness industry as a fitness instructor in the context of exercise to music. This course is designed to provide the learner with knowledge, understanding and skills to plan and instruct water-based exercise.

### Requirements

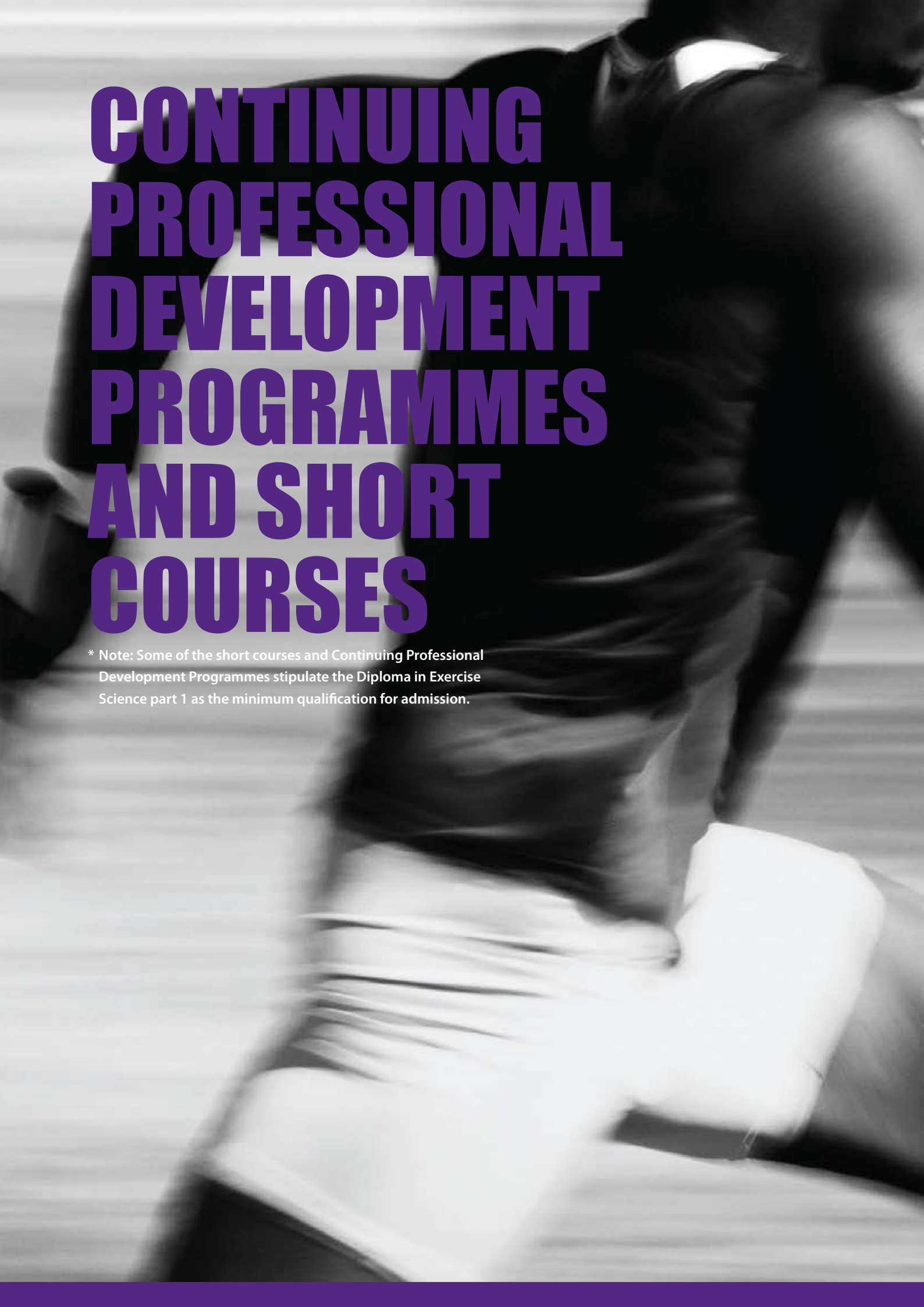
Practical exam (practical workshops compulsory)

### Note

Some of the short courses and Continuing Professional Development Programmes stipulate the Diploma in Exercise Science part 1 as the minimum qualification for admission.

\* HFPA offers a NQF Level 4 for the CYQ Certificate in Fitness which is a Matric equivalent. This course can be either a bridging course for our Diploma in Exercise Science as well as Continuing Professional Development Programmes and Short Courses.





# CONTINUING PROFESSIONAL DEVELOPMENT PROGRAMMES AND SHORT COURSES

\* Note: Some of the short courses and Continuing Professional Development Programmes stipulate the Diploma in Exercise Science part 1 as the minimum qualification for admission.

# COACHING SCIENCE\*

## Aim

Designed as an “add on” programme for students and graduates who are presently, or have previously, studied our Diploma in Exercise Science. This programme covers all aspects of general coaching. (Included in the Full-Time Diploma in Exercise Science Programme)

---

## Duration

Recommended 3- 6 months

## Format

Home study with an open book exam

## Course content

Principles of Physical Activity; Principles of Growth and Development; Planning and Implementing Practice Sessions; Teaching Sports Skills; Designing and implementing Conditioning Programmes for Coaches; Organisation and Administration within Coaching; Logistics of Touring Teams; Communication and Teaching Skills; Stress Management; Sport Psychology in Coaching; Professionalism; Sport, Recreation and Fitness for People living with HIV.

We also encourage students to attend a level 1 coaching and refereeing course at a sporting federation of their choice (not included in fee).

## Career opportunities

The inclusion of Coaching Science within the curriculum ensures that our graduates enter the field of sport and fitness training as multi-skilled practitioners with greater opportunities for employment, e.g. development programmes for children, school sports programmes, community development, tertiary, club and professional conditioning, training and coaching.

# HEALTH AND FITNESS MANAGEMENT

## Aim

There is a need for capacity in this field to promote competence in managing sport, recreation and fitness events and facilities. This course will assist the participants to manage the above, which will include managing finances, resources, the facility or venue, participants, the staff, members and spectators. This is a continuing education programme for Fitness Professionals and Managers.

---

## Duration

Approximately 1 year

## CPD Points

Credit Value: 16

## Format

Home study with assignments for submission and marking

## Course content

Module 1	Management
Module 2	Entrepreneurship
Module 3	Marketing
Module 4	Strategic Management
Module 5	Human Resource Management
Module 6	Labour Relations
Module 7	Organisational Behaviour
Module 8	Financial Management
Module 9	Facility and Events Management
Module 10	International Business

## Additional

- Legal and ethical considerations in sport
- Sociological aspects of sport and physical activity
- Professional sport
- Questions, answers, and sport management research
- Understanding sport management research

# SPORTS CONDITIONING WITH SPEED, AGILITY AND QUICKNESS

## Aim

In the modern training environment, it is important to adapt an holistic approach towards conditioning. Athletes can no longer succeed purely on natural ability, the level of success now depends on taking athletes to the absolute ceiling of their genetic potential. The role of speed and agility training in this holistic approach is vitally important in order to take gains in cardiovascular fitness and strength and translate them into functional, on-field performance.

---

## Duration

1 weekend

## CPD Points

Credit Value: 8

## Format

Theory and practical modules

## Course content

Benefits of Training, Basic Physiology, Overview of Training Components, Prerequisites and Safety Aspects, Warm-up Technique, Core Stabilization, Balance and Proprioception, Basic Physiology, Biomechanics, Application, Speed Training, Skills and Technique, Speed Endurance, Pure Speed, Selected Drills, Agility Training, Skills and Technique, Selected Drills, Quickness and Reaction Time, Training Quickness, Training Reaction Time, How to put it all together, Assessment of Athlete and Programme Design.

# SPORTS NUTRITION AND SUPPLEMENTATION

## Aim

This course provides up to date, well-researched nutritional information enabling fitness professionals to give appropriate advice to clients. It is also designed to assist individuals interested in achieving their own health, fitness and sporting goals.

---

## Duration

Recommended 3- 6 months

## CPD Points

Credit Value: 12

## Format

Home study with an open book exam

## Course content

Nutrition plays an integral role in helping clients achieve their goals. It includes the fundamentals of the function of food, dietary requirements, essential nutrients, the energy system and balance, biological influences, the thermic effects of food, GI index, fluid requirements, supplements and their classifications, weight management, eating disorders, sports specific nutrition, diet and disease. All of these aspects are researched and discussed with particular reference to the pros and cons, myths and controversies that surround nutrition using the most up to date literature and information available.

# SPORTS MASSAGE THERAPY

## Aim

Previously enjoyed by few elite athletes, sports massage therapy has become an accepted and popular adjunct to training. With more and more sports people realising the benefits of massage there is an increasing demand for properly trained therapists. This course qualifies the therapist to provide massage to apparently healthy individuals, pre and post event, and to assist in general sports conditioning.

---

## Duration

9 weekends (8 weekend workshops, 1 weekend exam)

## CPD Points

Credit Value: 25

## Format

Theory and practical modules with a written exam, practical exam and case study.

# PILATES: BEGINNER AND INTERMEDIATE

## Pilates - Beginner and Intermediate

Joseph Pilates defined the different phases of the Pilates repertoire as Beginner (level 1), Intermediate (level 2) and Advanced (level 3). The exercises in Level 2 are progressions from Level 1. The course is designed in modules, which allow for a more clinical and holistic approach.

### Aim - Level 1

Beginner Pilates mat exercises build the foundation for the complete Pilates Repertoire (mat and equipment based). This module concentrates mainly on “the Powerhouse” and postural awareness and provides the basic knowledge which is necessary to progress to a more advanced repertoire. The student learns to analyse and understand the body and to acknowledge strengths and weaknesses. The stabilisers are tested as the course progresses to the more advanced exercises.

### Aim - Level 2

Level 2 exercises are longer and more time consuming. Gaining endurance as well as strength is an important and powerful combination on this level. Therefore movements are more challenging and more complex.

Level 2 focuses on both upper and lower body strength. The exercises are done with more flow, concentration and coordination. This brings new challenges to the workout and makes it more dynamic and aerobic.

---

### Format

Theory and practical modules with a written exam, practical exam, practical log hours and case study.

Level 1 - 3 weekends (practical training)

Level 2 - 2 weekends (practical training)

Mock exam and exam days will follow

### CPD Points

Credit Value: 30 (Pilates Level 1 and 2)

# PRE AND POST NATAL EXERCISE\*

## Aim

Pre natal exercise classes are popular because women want to know which activities and exercises are safe and effective, what will help them feel better during pregnancy, and what can speed up their recovery after childbirth. This course teaches the instructor to understand the physiological and psychological changes that occur during pregnancy and how to help client maintain healthy activity levels as well as coping mechanisms during pregnancy. We also investigate exercise regimes for post pregnancy which will help the mother to get back into shape. The course includes the absolute and relative contra-indications with regard to exercise for these clients as well as water training and the benefits of a holistic approach to pregnancy and fitness.

---

## Duration

1 weekend

## CPD Points

Credit Value: 8

## Format

Theory and practical modules with a written exam

This course is offered over 2 days and is designed for qualified exercise professionals, physical therapists and biokineticists.

# KIDS DEVELOPMENT

## Aim

The Kids Development course outlines the differences between training children as opposed to adults. Fundamental differences in the anatomy and physiology of the child's body are discussed as well as the importance of physical activity to ensure proper development of both body and mind. This course focuses on age groups ranging from toddlers to teenagers.

---

## Duration

1 weekend

## CPD Points

Credit Value: 8

## Format

Theory and practical modules with a practical assessment

# EXERCISE INSTRUCTION USING KETTLEBELLS\*

## Aim

This course is designed for personal trainers and group fitness trainers to create challenging strength and fat burning sessions. Kettlebell exercises can be added to traditional weight training and cardio programmes or put together in a class format, very effective for all-round shaping, toning and fat burning. The aim of this course is to teach the trainer different methods of using the kettlebell as an effective tool, in combination with functional training.

---

## Duration

1 weekend

## CPD Points

Credit Value: 8

## Format

Theory and practical modules

# STUDIOFIT™ INCLUDES STUDIOBALL™ LEVEL 1 AND 2

## Level 1

This 2 day course covers Physio ball and medicine ball training and a combination of the two. It is a valuable course, which will guide the trainer in the art of core stability as well as muscle strengthening and toning. This course also offers interesting and new ideas with regard to sport specific training programmes. The addition of the medicine ball-to-ball training is a concept, which is rarely included in training courses.

## Level 2

This course has been introduced to build onto the Level 1 course in Studio ball. It includes using weights with the Swiss and Medicine balls. This course is for those trainers who wish to work more sport specifically with their clients/athletes. The core fundamentals of Swiss ball training must be clearly imbedded before this level of training can be attempted with a client. It is therefore imperative that the trainer be qualified on level 1 before attempting level 2.

---

### Duration

2 weekends (3 days)

### CPD Points

Credit Value: 16

### Format

Theory and practical modules

# STUDIO CYCLE™

## Aim

An indoor cycling course, which will qualify the student to instruct indoor cycling classes. It includes the basic anatomical and physiological effects of indoor cycling as well as the different techniques used, music selection, hydration methods and emergency procedures. A new module has been added to this course which covers indoor cycle training concepts which are relative to training for outdoor cycling disciplines.

---

## Duration

2 weekends

## CPD Points

Credit Value: 16

## Format

Theory and practical modules with a written exam, practical exam and practical log hours.

# STUDIO BOX™

## Aim

StudioBox introduces power jabs, punches, kicks and knee strikes, to make the sessions more challenging. The StudioBox equipment is included to add variety, fun and challenge, and includes boxing gloves, punching bags, hand and kicking shields, skipping, kettlebell and more. StudioBox can be used for individual and / or group training to develop muscle strength and endurance, agility, flexibility, weight loss, core stability and co-ordination.

---

## Duration

2 weekends

## CPD Points

Credit Value: 16

## Format

Theory and practical modules with a practical assessment

# CPR AND FIRST AID LEVEL 1

## Aim

A valid CPR certificate is a requirement for all practicing Exercise Professionals. Participants can register for CPR on its own or include levels 1 – 3 First Aid. These courses are also recommended for Teachers, Coaches, Parents, Childminders, etc.

---

## Duration

Dependent on level

CPR – Valid for 2 years, no CPD allocation

# ADMISSION POLICY

## Diploma in Exercise Science

The entry level for this qualification is NQF Level 4 (Matriculation certificate or equivalent) Prospective students without an NQF Level 4 qualification may apply for RPL.

Recognition of Prior Learning (RPL) (In summary)

### 1. Diploma in Exercise Science (1st year)

The entry level for this qualification is NQF level 4. (Matriculation certificate or equivalent. If this is not obtained RPL can be considered).

#### Option 1

RPL for this programme incorporates evidence of previous work experience within the field of exercise science. A minimum of 3 years in the field is required with proof of time spent compiled into a portfolio of evidence consisting of a CV, previous relevant work experience and other relevant qualifications. The Independent Quality Assurance Consultant and the Principal of the College will assess this portfolio and may contact references listed in the portfolio. A personal interview concludes this process and the cover sheet is kept on file.

#### Option 2

Another option for people with no previous training or experience in the fitness industry is the bridging course which incorporates the Gym Instructors Course. On successful completion of this course the student may register for the Diploma in Exercise Science.

The Gym Instructors course is an NQF level 4 course. It imbeds the underlying principles of Exercise Science so that the student may grasp the more difficult concepts within the Diploma in Exercise Science. A Gym Instructors registration form must be completed and kept on file.

### 2. Diploma in Exercise Science (2nd year)

No RPL criteria apply for the Diploma in Exercise Science, as a basic level qualification NQF 5c within the field of exercise science is necessary. (Current accredited qualifications that have been accepted are: ETA, IAFT, Sports Management 3 year degree and Exercise Science 3 year degree) If no previous qualification in the field has been attained the student must begin with the first year as this is the basis of the diploma.

If the student has a qualification "partly related" to the field of Exercise Science such as physiotherapy or Human Movement Sciences, he/she may be granted partial recognition of prior learning such as credits for similar modules already obtained through previous study. Most commonly, the theoretical knowledge has been gained but minimal practical application has been provided. The student may then be required to undertake further training in areas not included in the qualification already obtained.  
RPL Cost: R2500

#### Language Policy

Course material is written in the English language. Lectures are only offered in English. Lecturers will endeavour to assist students when English is not the first language. Oral supplementary examinations may be offered in certain circumstances.

#### Diploma in Exercise Science (Year 1)

- Theory examination passed
- Learning outcomes achieved
- Portfolio passed
- 50 experiential hours completed
- Practical examination passed
- CPR certification
- Nutrition certificate
- Business plan

## Diploma in Exercise Science (Year 2)

- Theory examination passed
- Learning outcomes achieved
- Portfolio passed
- 100 experiential hours completed
- Practical examination passed
- Research project
- 2 Case studies
- CPR certification

Health & Fitness Professionals Academy (Pty) Ltd T/A Health & Fitness Professionals Association™  
(HFPA) Registration No. 2002/008172/07

## Academic Staff

- Flip van Zyl BCom honours (Biokinetics)
- René Viljoen BSc honours (Sports Science)
- Andries Lodder BSc honours (Biokinetics)
- Nic Pienaar Dip (Phys. Ed.)
- Jannie van Deventer Dip (Ed.)
- Subashni Appannah BSc honours (Physiology) (Biokinetics)
- Ashleigh Hall BA honours (Biokinetics) (Psychology)
- Amanda Watermeyer BSc honours (Physiology) (Psychology) HED

## HFPA STAFF

### Director

PJ Mills

### Principal and Senior Manager

Caitlin Carpenter BSc honours (Sports Science)

### Facilities and Events Co-ordinator

Michelle Israel

### Administration

Liz Njoroge and Rachel Gichero

### Student Liaison and Short Course Development Manager

Lara Teixeira BSc honours (Sports Science)

### Accounts

Kerusha Asharam

### Moderation and Assessment

Flip van Zyl BCom honours (Biokinetics)

