

# FULL TIME COURSES (COMMENCING FEBRUARY 2019) FITNESS AND SPORT & HIGH PERFORMANCE FACULTY

## ADVANCED PERSONAL TRAINER DIPLOMA (NATIONAL DIPLOMA IN FITNESS - NDIF)

OCCUPATIONAL SKILLS  
CERTIFICATE

NQF 5

SAQA REGD

247  
CREDITS

CATHSSETA

REPS SA  
INTERNATIONALLY PORTABLE

### ABOUT THIS COURSE

The Advanced Personal Trainer Diploma (National Diploma in Fitness - NDIF) is a full qualification which qualifies you to work internationally as an Exercise Specialist.

Note: Students may elect to enrol for the NDIF without first enrolling on the National Personal Trainer Certificate (National Certificate in Fitness - NCIF). The full 2 year NDIF programme includes all NCIF modules. Students are taken through all modules with the goal of achieving the National Diploma. Students who hold the National Certificate in Fitness (or equivalent) will commence with Part 2.

Part 2 (year 2) of the programme will cover the unique anatomical, biomechanical and physiological characteristics of various population groups and how these characteristics will impact programme design and testing. You will be able to work in association with a referral team of Doctors, Physiotherapists, Biokineticists, Dieticians and Sport Scientists, assisting your clients achieve their unique physical goals.

Full Time programme includes electives:

- HiiT Series (High Intensity interval Training, HiiT Circuit Training, Bootcamp & Olympic Lifting) (Year 1)
- Pre & Post Natal Instructor & Kids Development (Year 2)

You will become a multiskilled Fitness Professional with a broad base of expertise and many employment opportunities both local and international.

Work internationally in a variety of fitness and recreation environments including Health Clubs, Sport and Recreation Centres, Holiday Clubs, Cruise Liners and in Private Practice. Add HFPA Continuing Education Programmes and grow your career in the direction of your interests and passions.

#### COURSE DURATION

12 - 24 Months

#### CAMPUSES / MODES OF DELIVERY

- Full Time: Rvonja, Linksfield, Pretoria, Cape Town, Durban
- Weekday Blended: Port Elizabeth. (2 Workshops per week at the PE campus)
- Online

#### COURSE RESOURCES

- Hard Copy Manuals
- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

# ENTRY REQUIREMENTS

Grade 12 National Senior Certificate

Note: If you do not hold a level 4 NQF then apply to study our Fitness Instructor NQF 4 Certificate. Successfully completing this will provide you access to the Personal Trainer NQF 5 programme and a pathway into more advanced programmes and further opportunities.

(If you hold the NCCS qualification or equivalent you will enter the programme at Part 2)

# ACCREDITATION

SAQA Registered NQF 5. Full National Diploma Qualification (CATHSSETA).

Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of ICREPS (International Confederation of Registers for Exercise Professionals). The Personal Trainer Certificate is internationally portable enabling graduates to work anywhere in the world.

# LEARNING OUTCOMES

- Demonstrate knowledge of the fitness environment and the context in which physical activity takes place.
- Conduct and interpret pre-participation screening for physical activity readiness.
- Assess, evaluate and monitor health related fitness components, and/or, components related to sports performance.
- Feedback and refer as it relates to physical activity and/or to athletic performance.
- Design and demonstrate exercise and/or sports conditioning programmes.
- Implement, monitor and modify exercise programmes.
- Motivate and support participants in making activity related and or wellness decisions and or sports performance related decisions.
- Demonstrate entrepreneurial, administration and business skills as well as the ability to incorporate IT technology.
- Demonstrate ability to discern the quality and validity of research information.
- Manage, project and conduct oneself in a professional manner.
- Identify and describe the physiological characteristics unique to special populations.
- Identify and describe the anatomical & bio-mechanical differences unique to each special population
- Perform assessments and fitness tests for special populations.
- Advise special populations on nutritional requirements and ergogenic aids.
- Deal with common injuries, illnesses and special considerations in the context of physical activity.
- Apply the principles and methods of sport fitness conditioning
- Periodise training and the training year

# LEARNING PATHWAYS

- National Certificate in Coaching Science
- National Certificate in Sports Management.
- Professional ILS Life Coach™
- Add HFPA Continuing Education Programmes to grow your career into the various avenues that the Fitness Industry has evolved into. We offer over 50 programmes and consistently develop new programmes relative to the needs of the industry.

# HFPA ONLINE LEARNING PLATFORM (OLP)

All students are given access to our advanced and interactive Online Learning Platform.

You are never alone when you study online with us! The HFPA OLP has been carefully developed to bring you all the benefits of a traditional classroom setting, facilitating interactive learning through multi-media lessons, videos, quizzes, questionnaires, forums, links, presentations, journals, assignment and exam submissions and more!

You will receive constant communication and feedback from your very own Online Tutor and steadfast support from our dedicated online-support team.

The workshops offered for blended-learning students serve as revision sessions in which you can ask questions, revise key concepts and receive hands-on guidance from our master trainers.

## DESCRIPTION OF MODES OF DELIVERY

### Full Time programme

Offered over an academic year this weekday programme is offered from our campuses which are situated in all the major centres. Highly qualified Course Presenters offer interactive workshops from our fully equipped High Performance and Training Centres. Full Time programmes are aimed at school leavers and those not employed during weekdays. Students are guided and assisted by the course leaders throughout the year. These comprehensive programmes multi-skill the participants to offer a wider scope of services in the workplace. Includes electives:

- HiiT Series (High Intensity interval Training, HiiT Circuit Training, Bootcamp & Olympic Lifting) (Year 1)
- Pre & Post Natal Instructor & Kids Development (Year 2)

### Part Time programme

Structured Workshops are offered on alternate Saturday mornings (or 2 evenings per week) over a 6 month period. We commence this programme in February. Highly qualified Course Presenters offer interactive workshops from our fully equipped High Performance and Training Centres. This programme is offered nationally.

### Weekday Blended

Aimed at school leavers this programme commences annually in February and follows an academic year. Students attend the HFPA Campus twice per week for theory support workshops and also complete work and assignments at home. Students attend the structured Practical Workshops as per the Workshops Calendar.

### Online + Workshops Learning

This mode of learning provides for flexible study that combines online home study with structured workshops offered throughout the year from HFPA Campuses and Training Centres. The workshops are offered nationally, over a full weekend, several times during the year. Students will attend a particular weekend workshop at a time that is conducive to their progress. Register at any time during the year.

### Online Learning

With the assistance of the HFPA Online Learning Platform, students are given all of the tools to successfully complete their course entirely online. Students can also elect at any time to attend workshops at a small additional fee. Note: The online course work and App are downloadable and available off-line so connectivity and bandwidth should not be an issue.

# NATIONAL CERTIFICATE IN FITNESS (NCIF)

LINKSFIELD • DURBAN • PORT ELIZABETH • CAPE TOWN • PRETORIA • ONLINE

NATIONAL CERTIFICATE

NQF 5

SAQA REGD

137 CREDITS

CATHSSETA

REPS SA

## ABOUT THIS COURSE

The National Certificate in Fitness (NCIF) is a full qualification which qualifies you to work internationally as a Personal Trainer and Conditioning Coach. This programme also includes an overview of injury prevention and special considerations, enabling graduates to provide fitness instruction and conditioning to the general population as well as people with certain disabilities.

You will gain a strong foundation in exercise science, including fitness principles and programme design to help your clients safely and effectively reach their fitness goals. Offer your services to individuals and groups.

Work internationally in a variety of fitness environments including Health Clubs, Sport and Recreation Centres, Holiday Clubs, Cruise Liners and in Private Practice. Add HFPA Continuing Education Programmes and grow your career in the direction of your interests and passions.

The Tull Time programme includes the elective: Advanced HiiT Series: (High Intensity interval Training, HiiT Circuit Training, Bootcamp & Olympic Lifting)

Successful completion of the NCIF provides access to Part 2 of the NDIF – National Diploma in Fitness (Exercise Specialist and Sports Conditioning Coach).

Note: Students may elect to enrol for the NDIF without first enrolling on the NCIF. The full 2 year NDIF programme includes all NCIF modules. Students are taken through all modules with the goal of achieving the National Diploma.

Full Time: Courses commence annually in February

Online + workshops: Register at any time

### COURSE DURATION

12 Months

### CAMPUSES / MODES OF DELIVERY

- Full Time: Rvonia, Linksfield, Pretoria, Cape Town, Durban
- Weekday Blended: Port Elizabeth. (2 Workshops per week at the PE campus)
- Online

### COURSE RESOURCES

- Hard Copy Manuals
- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

## ENTRY REQUIREMENTS

Grade 12 National Senior Certificate

Note: If you do not hold a level 4 NQF then apply to study our Fitness Instructor Certificate NQF 4. Successfully completing this will provide you access to the National Certificate NQF 5 programme and a pathway into more advanced programmes and further opportunities.

# ACCREDITATION

SAQA Registered NQF 5. SETA accredited Full Qualification, National Certificate, (CATHSETA). Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of ICREPS (International Confederation of Registers for Exercise Professionals). The Personal Trainer Certificate is internationally portable enabling graduates to work anywhere in the world.

# LEARNING OUTCOMES

On achieving this qualification, the learner will be able to demonstrate the following outcomes as applicable to apparently healthy\* individuals:

- Demonstrate knowledge of the fitness environment and the context in which physical activity takes place. \*\*
- Conduct and interpret pre-participation screening for physical activity readiness.
- Assess, evaluate and monitor health related fitness components.
- Feedback and refer as it relates to physical activity.
- Design, demonstrate and lead exercise programmes.
- Implement, monitor and modify exercise programmes.
- Motivate and support fitness participants in making activity related and wellness decisions.
- Demonstrate entrepreneurial, administration and business skills.
- Project and conduct oneself in a professional manner.

## NOTE

\* Apparently healthy: Individuals who are asymptomatic and apparently healthy with no more than one coronary risk factor (as defined in the American College of Sports Medicine (ACSM) risk stratification guidelines).

\*\* Fitness Environment: Relates to, but is not limited to, exercise training for physically challenged, HIV and exercise training in any environment (e.g. community health club, church hall, commercial fitness facility, recreation facility, sports club etc.)

# LEARNING PATHWAYS

- Professional ILS Life Coach™ and Nutrition - HFPA LifeStyle Coach™
- Coaching Science and Sports Management
- Add HFPA Continuing Education Programmes to grow your career into the various avenues that the Fitness Industry has evolved into. We offer over 50 programmes and consistently develop new programmes relative to the needs of the industry.

# HFPA ONLINE LEARNING PLATFORM (OLP)

**All students are given access to our advanced and interactive Online Learning Platform.**

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You will receive constant communication and feedback from your very own Online Tutor and steadfast support from our dedicated online-support team.

The workshops offered for blended-learning students serve as revision sessions in which you can ask questions, revise key concepts and receive hands-on guidance from our master trainers.

# DESCRIPTION OF MODES OF DELIVERY

## Full Time programme

Offered over an academic year this weekday programme is offered from our campuses which are situated in all the major centres. Highly qualified Course Presenters offer interactive workshops from our fully equipped High Performance and Training Centres. Full Time programmes are aimed at school leavers and those not employed during weekdays. Students are guided and assisted by the course leaders throughout the year. These comprehensive programmes multi-skill the participants to offer a wider scope of services in the workplace. It includes the elective: Advanced HiiT Series: (High Intensity interval Training, HiiT Circuit Training, Bootcamp & Olympic Lifting).

## Part Time programme

Structured Workshops are offered on alternate Saturday mornings (or 2 evenings per week) over a 6 month period. We commence this programme in February. Highly qualified Course Presenters offer interactive workshops from our fully equipped High Performance and Training Centres. This programme is offered nationally.

## Weekday Blended

Aimed at school leavers this programme commences annually in February and follows an academic year. Students attend the HFPA Campus twice per week for theory support workshops and also complete work and assignments at home. Students attend the structured Practical Workshops as per the Workshops Calendar.

## Online + Workshops Learning

This mode of learning provides for flexible study that combines online home study with structured workshops offered throughout the year from HFPA Campuses and Training Centres. The workshops are offered nationally, over a full weekend, several times during the year. Students will attend a particular weekend workshop at a time that is conducive to their progress. Register at any time during the year.

## Online Learning

With the assistance of the HFPA Online Learning Platform, students are given all of the tools to successfully complete their course entirely online. Students can also elect at any time to attend workshops at a small additional fee. Note: The online course work and App are downloadable and available off-line so connectivity and bandwidth should not be an issue.

# HIGHER CERTIFICATE IN EXERCISE SCIENCE (HCES)

RIVONIA • CAPE TOWN

HIGHER CERTIFICATE

NQF 5

SAQA REGD

123 CREDITS

DOE CHE

REPS SA

INTERNATIONALLY PORTABLE

## ABOUT THIS COURSE

This programme is offered only in the Full-Time and Part-Time modes from our Johannesburg and Cape Town Campuses. We offer the National Certificate / Diploma in Fitness nationally.

The Higher Certificate in Exercise Science (HCES) is an internationally portable, Higher Education qualification and leads to the Advanced Certificate in Exercise Science (ACES) (NQF 6).

The HCES is a comprehensive programme covering Personal Fitness Training and Sports Conditioning Training. This programme qualifies you to work internationally as a multi-skilled Trainer. The Full Time programme includes:

- HiiT Series (High Intensity interval Training, HiiT Circuit Training, Bootcamp & Olympic Lifting).
- Injury Prevention Specialist.

These electives further increase your scope of expertise and the services that you are able to offer.

Drawing from the latest research in exercise science (with a comprehensive introduction to special population groups) this course prepares you to work in a variety of fields including Strength Conditioning, Sports Performance, Personal Training, Wellness Management and Sport Science support.

# CAREER OPPORTUNITIES

- Strength & Conditioning Coach, Personal Trainer in Health Clubs and in Private Practice.
- Offer your services to Schools and Sports Teams.
- Travel the world working on International Luxury Cruise Liners or at Holiday Clubs.
- Add HFPA Continuing Education Programmes and grow your career in the direction of your interests and passions.
- Continue onto the Advanced Certificate to grow your expertise to include working with special population groups: children & youth, the elderly, pregnant clients, clients with certain disabilities and medical conditions (on referral). The Sports Conditioning modules further expand your scope of practice to work with Sports people and elite athletes.

## COURSE DURATION

12 Months

## CAMPUSES / MODES OF DELIVERY

- Full Time: Rivonia, Cape Town

## COURSE RESOURCES

- Hard Copy Manuals
- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

# ENTRY REQUIREMENTS

Grade 12 National Senior Certificate

Note: If you do not hold a level 4 NQF then apply to study our Fitness Instructor Certificate NQF 4. Successfully completing this will provide you access to the National Certificate NQF 5 programme and a pathway into more advanced programmes and further opportunities.

# ACCREDITATION

Registered by the Department of Education (DOE) and accredited by the Higher Education Quality Controls & Training Committee (HEQCTO) and the Council for Higher Education (CHE)

SAQA Registered. NQF level 5 on the National Qualifications Framework.

Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of ICREPS (International Confederation of Registers for Exercise Professionals). The Personal Trainer Certificate is internationally portable enabling graduates to work anywhere in the world.

# LEARNING OUTCOMES

Successful learners will be able to:

- Design, implement and manage a physical activity programme for apparently healthy individuals, groups or special populations (sufferers from hypertension, obesity, diabetes and orthopaedic conditions) and the elderly, and apply knowledge thereof to appropriately refer specific clients to other health care providers when seen to be necessary.
- Screen, assess, monitor and manage health related wellness programmes under indirect supervision.
- Promote and provide safe and effective physical activity plans specific to individual participants' requirements.
- Provide educated advice on lifestyle changes to improved well-being of relevant clients.
- Promote and provide nutritional advice within the scope of healthy eating guidelines.
- Apply the relevant legal and managerial skills to promote themselves as small business entrepreneurs within the professional personal fitness training framework.
- Further own knowledge, practices and careers within the professional fitness training industry.

# LEARNING PATHWAYS

- Coaching Science and Sports Management
- Professional ILS Life Coach™ and Nutrition - HFPA LifeStyle Coach™
- Group Fitness Instructor, Yoga, Pilates, Weight Management Coach
- Add HFPA Continuing Education Programmes to grow your career into the various avenues that the Fitness Industry has evolved into. We offer over 50 programmes and consistently develop new programmes relative to the needs of the industry.

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The workshops offered for blended-learning students serve as revision sessions in which you can ask questions, revise key concepts and receive hands-on guidance from our master trainers.

## DESCRIPTION OF MODES OF DELIVERY

### **Full Time programme**

Offered over an academic year this weekday programme is offered from our campuses which are situated in all the major centres. Highly qualified Course Presenters offer interactive workshops from our fully equipped High Performance and Training Centres. Full Time programmes are aimed at school leavers and those not employed during weekdays. Students are guided and assisted by the course leaders throughout the year. These comprehensive programmes multi-skill the participants to offer a wider scope of services in the workplace.

The Full Time programme includes:

- HiiT Series (High Intensity interval Training, HiiT Circuit Training, Bootcamp & Olympic Lifting).
- Injury Prevention Specialist.



# ADVANCED CERTIFICATE IN EXERCISE SCIENCE (HCES)

RIVONIA • CAPE TOWN

HIGHER CERTIFICATE

NQF 6

SAQA REGD

141 CREDITS

DOE CHE

REPS SA

INTERNATIONALLY PORTABLE

## ABOUT THIS COURSE

This programme is offered only in the Full-Time and Part-Time modes from our Johannesburg and Cape Town Campuses. We offer the National Certificate / Diploma in Fitness nationally. The Advanced Certificate in Exercise Science (ACES) is an internationally portable, Higher Education qualification. This programme follows on from the Higher Certificate in Exercise Science (which is a prerequisite).

This will qualify you as an Exercise Specialist and Sports Conditioning Coach. Work in a variety of Sport Specific, Fitness, Recreation and Rehabilitation environments. With a focus on special population groups you will be able to work amid a referral team of doctors, physiotherapists, biokineticists, dieticians and sport scientists, with clients who have particular physical needs and goals. These include people with cardiovascular, musculoskeletal, immunological, neurological and metabolic conditions, as well as pregnancy, the youth and the elderly.

Includes Functional Training for Sports and Speed, Agility and Quickness.

You will receive advanced training in sports conditioning, allowing you to apply advanced programme design and conditioning methods in the fields of strength conditioning and high performance training to prepare athletes to compete at the top of their sport.

As an NQF 6 qualification it provides an easier pathway for graduates to enter other higher education programmes at universities and other higher education institutions.

## CAREER OPPORTUNITIES

Fitness professionals have become part of a larger healthcare team consisting of medical practitioners, physiotherapists, occupational therapists, biokineticists, sports scientists, clinical dieticians and othersports, fitness and rehabilitation professionals.

You will gain a comprehensive knowledge of training for special population groups, allowing you to become part of this team working with individuals who have unique physical needs or concerns due to disease, injury or lifestyle conditions. You will be able to extend your client base to include people with cardiovascular conditions, musculoskeletal conditions (osteoporosis), immunological conditions (HIV/AIDs), neurological conditions (spinal cord injuries) and metabolic conditions (diabetes mellitus), as well as to pregnant women, children and older adults.

You will receive advanced training in sports conditioning, allowing you to apply advanced programmedesign and conditioning methods in the fields of strength conditioning and high performance training to prepare athletes to compete at the top of their sport. With this qualification you will be able to work as a Senior Trainer in all of the environments available to Personal Trainers and Fitness Instructors.

### COURSE DURATION

12 - 24 Months

### CAMPUSES / MODES OF DELIVERY

- Full Time: Rivonia, Cape Town

### COURSE RESOURCES

- Hard Copy Manuals
- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors
- Fitness Assessment Equipment available for sale from HFPA

# ENTRY REQUIREMENTS

Higher Certificate in Exercise Science (NQF 5) (or equivalent)

Grade 12 National Senior Certificate

Note: If you do not hold a level 4 NQF then apply to study our Fitness Instructor Certificate NQF 4. Successfully completing this will provide you access to the National Certificate NQF 5 programme and a pathway into more advanced programmes and further opportunities.

# ACCREDITATION

SAQA Registered. NQF level 6 on the National Qualifications Framework.

Registered by the Department of Education (DOE) and accredited by the Higher Education Quality Controls & Training Committee (HEQCTO) and the Council for Higher Education (CHE).

Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of ICREPS (International Confederation of Registers for Exercise Professionals). The Personal Trainer Certificate is internationally portable enabling graduates to work anywhere in the world.

# LEARNING OUTCOMES

Successful learners will be able to:

- Explain the physiological adaptations of the musculoskeletal and endocrine systems to aerobic and anaerobic exercise.
- Develop training programmes to optimise the physiological responses of the body systems to exercise.
- Use a kinesiological analysis to develop a training programme which addresses the specific needs of a given individual.
- Design and demonstrate periodised conditioning and skills programmes which are tailored to meet the specific needs of sports persons.
- Implement, monitor and modify exercise programmes to prevent injury.
- Design and demonstrate programmes which are tailored to meet the specific needs of special population clients.
- Range of special needs includes, but is not limited to: Diabetes, weight reduction, Parkinson's disease, HIV and AIDS, Cardiac disease and locomotor disability.
- Define and implement appropriate nutritional guidelines to enhance sports performance for athletes.
- Demonstrate knowledge of the fitness conditioning environment and the context in which physical activity takes place.
- Demonstrate an understanding of how to manage, project and conduct oneself in a professional manner within the sports and fitness context

# LEARNING PATHWAYS

- Coaching Science and Sports Management
- Professional ILS Life Coach™ and Nutrition - HFPA LifeStyle Coach™
- Group Fitness Instructor, Yoga, Pilates, Weight Management Coach
- Add HFPA Continuing Education Programmes to grow your career into the various avenues that the Fitness Industry has evolved into. We offer over 50 programmes and consistently develop new programmes relative to the needs of the industry.

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You will receive constant communication and feedback from your very own Online Tutor and steadfast support from our dedicated online-support team.

The workshops offered for blended-learning students serve as revision sessions in which you can ask questions, revise key concepts and receive hands-on guidance from our master trainers.

## DESCRIPTION OF MODES OF DELIVERY

### Full Time programme

Offered over an academic year this weekday programme is offered from our campuses which are situated in all the major centres. Highly qualified Course Presenters offer interactive workshops from our fully equipped High Performance and Training Centres. Full Time programmes are aimed at school leavers and those not employed during weekdays. Students are guided and assisted by the course leaders throughout the year. These comprehensive programmes multi-skill the participants to offer a wider scope of services in the workplace. Includes Functional Training for Sports and Speed, Agility and Quickness.

# NATIONAL CERTIFICATE IN COACHING SCIENCE (NCCS)

CORRESPONDENCE • WEEKDAY BLENDED  
LINKSFIELD • PRETORIA • CAPE TOWN • PORT ELIZABETH • DURBAN

NQF 5

SAQA REGD

120  
CREDITS

CATHSSETA

REPS SA  
INTERNATIONALLY PORTABLE

## ABOUT THIS COURSE

The National Certificate in Coaching Science is a full qualification which will enable a learner to acquire the knowledge, skills and values that will enable them to assume job responsibilities as a sport coach in schools, clubs and private institutions.

The National Certificate in Coaching Science is offered as a online + workshops programme or as a Weekday blended programme with the addition of Sport Specific Practical Workshops which are offered from HFPA Campuses and Sports Facilities, nationally.

We offer the following 6 sporting code workshops:

- Athletics
- Cricket
- Football
- Hockey
- Netball
- Rugby

Any 2 Sporting Codes are included in the course fee.

Additional sporting codes can be registered for at a fee of R1500 per code. (Note: Weekday Blended Learning students are able to attend All of the sporting codes at no extra fee)

Practical workshops and Specialisations are presented by highly qualified sport specific specialists. Workshops are offered nationally throughout the year. Please see the course calendar for the relevant dates.

We offer 4 Workshop Cycles per year. Each Workshop Cycle offers 3 sporting codes. All of the codes are offered twice per year on scheduled week-ends. Register at any time!

Our team of Course Presenters, Online Tutors and Support Staff assist with all aspects of the course. All students have access to the HFPA Online Learning Platform which hosts all course work, assignments and many other learning aids.

Once registration is complete, students will receive course material and access to the online platform. Students attend scheduled practical workshops in any particular cycle.

You can also register for any of the above sporting codes at any time, without having to do the National Certificate in Coaching Science. Workshops happen nationally throughout the year. Please see the course calendar for the relevant dates.

## ATHLETICS

THE COACHING SCIENCE SPECIALISATION, ATHLETICS INCLUDES:

- Coach senior athletes for sprint events in athletics
- Coach senior athletes for middle and long distance events in athletics
- Coach senior athletes for jump events in athletics

COACH SENIOR ATHLETES FOR SPRINT EVENTS IN ATHLETICS and learn to:

- Evaluate the development of sprinting
- Explain the rules and the use of equipment related to sprinting
- Evaluate athlete characteristics and techniques of sprinting
- Implement a training programme for sprint athletes
- Conduct coaching activities for sprint athletes
- Evaluate coaching interventions

### Practice

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

### Apply

You are required to keep a record of all your practice sessions in your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

### Assess

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the programme in the form of assignments

COACH SENIOR ATHLETES FOR MIDDLE AND LONG DISTANCE EVENTS IN ATHLETICS and learn to:

- Evaluate the development of middle and long distance running
- Explain the rules and the use of equipment related to middle and long distance running
- Evaluate athlete characteristics and tactics of middle and long distance running
- Implement a training programme for middle and long distance athletes
- Conduct coaching activities for middle and long distance athletes
- Evaluate coaching interventions

### Practice

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

### Apply

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

### Assess

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the programme in the form of assignments.

COACH SENIOR ATHLETES FOR JUMP EVENTS IN ATHLETICS and learn to:

- Evaluate the development of jumping
- Explain the rules and the use of equipment related to jumping
- Evaluate athlete characteristics and techniques of jumping
- Implement a training programme for jump athletes
- Conduct coaching activities for jump athletes
- Evaluate coaching interventions

### Practice

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

### Apply

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

### Assess

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the programme in the form of assignments

# FOOTBALL (SOCCER)

Coach the game of football and learn to:

- Apply the rules governing the game of football
- Plan a series of football coaching sessions
- Coach the game of football to intermediate and advanced players of the game
- Reflect on coaching performance

## **Practice**

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

## **Apply**

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

## **Assess**

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the programme in the form of assignments

# RUGBY

Coach the game of rugby on provincial level and learn to:

- Apply the laws governing the game of rugby
- Plan and implement rugby coaching sessions
- Apply coaching techniques for technical and tactical skills development for the game of rugby
- Apply rugby strategy and record keeping skills
- Reflect on coaching performance

## **Practice**

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

## **Apply**

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

## **Assess**

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the program in the form of assignments

# HOCKEY

Coach full field hockey at club and school level learn to:

- Execute the roles and responsibilities of a hockey coach
- Demonstrate hockey coaching skills
- Coach beginner to intermediate level hockey skills

## **Practice**

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

## **Apply**

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

## **Assess**

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the program in the form of assignments

# CRICKET

Conduct basic coaching to beginners in cricket learn to:

- Describe the development and origin of the game of cricket
- Explain the safety requirements of cricket
- Explain the basic laws governing the game
- Plan and write up cricket practice sessions
- Conduct basic cricket coaching activities

## Practice

Once you have acquired the knowledge in the learning stage you will be required to spend time practicing in the work place

## Apply

You are required to keep a record of all your practice sessions on your Portfolio of Evidence File. Your Portfolio of Evidence file forms part of your final assessment.

## Assess

You will be required to submit various Knowledge and Practical Assessments. These will be issued to you throughout the duration of the program in the form of assignments

### COURSE DURATION

12 Months

### CAMPUSES / MODES OF DELIVERY

- Online + workshops: Workshops are conducted regularly to accommodate all types of learners
- Weekday Blended: Johannesburg, Pretoria, Cape Town, Durban and Port Elizabeth

### COURSE RESOURCES

- Hard Copy Manual
- Downloadable manual
- HFPA Online Learning Platform
- Online Tutors

## ENTRY REQUIREMENTS

NQF Level 4/ Grade 12 National Senior Certificate

If students do not have a NQF Level 4, one can apply to study our Fitness Instructor Certificate (NQF Level 4) which, on successful completion, one will then have access to The National Certificate in Coaching Science

## ACCREDITATION

HFPA is a registered training provider for the Council on Higher Education as well as CATHSSETA. The National Certificate in Sports Coaching is a Qualification Registered with the South African Qualifications Authority. It is registered as a NQF Level 5 occupational certificate and has 120 credits.

## LEARNING OUTCOMES

Successful learners will be able to:

- Respond to the unique demands of coaching in the South African sporting context.
- Design practice sessions that reflect an understanding of the interdependence of fitness and skill development and a sensitivity to the social, emotional and physical changes that occur as players develop from childhood through youth to adulthood.
- Apply an understanding of sport science in the implementation of developmentally appropriate sport programmes for beginning and intermediate level performers.
- Communicate effectively with players, colleagues, employers and parents/guardians.
- Facilitate a programme of prevention, care and management of sport injuries, with special reference to HIV Aids and the impact on player safety of current developments in the equipment and playing surfaces for his/her sport of specialization.
- Demonstrate administrative efficiency in implementing local sports programmes.
- Demonstrate a commitment to the principles of inclusion in all coaching practices, with special reference to girls/women, persons with disabilities, and other individuals from disadvantaged backgrounds.

## LEARNING PATHWAYS

- National Certificate in Sports Management
- National Diploma in Fitness
- Add HFPA Continuing Education Programmes to grow your career into the various avenues that the Industry has evolved into. We offer over 50 programmes and consistently develop new programmes relative to the needs of the industry.

# HFPA ONLINE LEARNING PLATFORM (OLP)

All students are given access to our advanced and interactive Online Learning Platform.

You are never alone when you study online with us! The HFPA OLP has been carefully developed to bring you all the benefits of a traditional classroom setting, facilitating interactive learning through multi-media lessons, videos, quizzes, questionnaires, forums, links, presentations, journals, assignment and exam submissions and more!

You will receive constant communication and feedback from your very own Online Tutor and steadfast support from our dedicated online-support team.

The workshops offered for blended-learning students serve as revision sessions in which you can ask questions, revise key concepts and receive hands-on guidance from our master trainers.

## DESCRIPTION OF MODES OF DELIVERY

**Online + workshops:** The theory components are delivered online or by correspondence, with the addition of Sport Specific Practical Workshops which are offered from HFPA Campuses and Sports Facilities, nationally. Theory support workshops (optional) are also offered throughout the year from HFPA Campuses nationally. REGISTER AT ANY TIME

**Weekday Blended:** Aimed at school leavers this programme commences annually in February and follows an academic year. Students attend an HFPA Campus twice per week for theory support workshops and also complete work and assignments at home. Students attend the structured Practical Workshops as per the Workshops Calendar. (Students may attend ALL sport code workshop specialisations).

# NATIONAL CERTIFICATE IN SPORTS MANAGEMENT (NCSM)

RIVONIA • CAPE TOWN

NATIONAL CERTIFICATE

NQF 5

SAQA REGD

127 CREDITS

REPS SA

INTERNATIONALLY PORTABLE

## ABOUT THIS COURSE

The National Certificate in Sport Management course aims to provide students with the ability to promote principles of good management in sports organisation and structures, including, but are not limited to customer care, finance, risk management, event and facility management and effective communication within the business environment. Through a balance of theory, practical and work integrated learning, students are able to develop a variety of skills that prepares them to work in the field of sport management. This interactive programme is led by highly qualified Sport Managers that are specialists within their field.

This programme was developed to ensure learners are competent in the following fields:

- Promote principles of good management in Sport Organisations
- Gain practical experience through working in a variety of established Sport Unions, Schools and Sport Companies
- Advance one's own skill set to be an entrepreneur
- Develop the theoretical competency to apply it in the workplace
- On completion of the National Certificate in Sport Management, one can advance to our HFPA Continuing Education Programmes.

### COURSE DURATION

12 Months

### CAMPUSES / MODES OF DELIVERY

- Weekday Blended: Johannesburg, Pretoria, Cape Town, Durban and Port Elizabeth

### COURSE RESOURCES

- Hard Copy Manuals
- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors

# ENTRY REQUIREMENTS

Grade 12 National Senior Certificate

Note: If you do not hold a level 4 NQF then apply to study our Fitness Instructor Certificate NQF 4. Successfully completing this will provide you access to the National Certificate NQF 5 programme and a pathway into more advanced programmes and further opportunities.

# LEARNING OUTCOMES

Successful learners will be able to:

- Promote principles of good management in Sport Organisations
- Gain practical experience through working in a variety of established Sport Unions, Schools and Sport Companies
- Advance one's own skill set to be an entrepreneur
- Develop the theoretical competency to apply it in the workplace
- Organise and establish a sport organisation or structure in order to enhance operational effectiveness
- Maintain operations in a sport organisation or structure
- Plan, coordinate and implement sport tournaments and/or events

# ACCREDITATION

SAQA Registered NQF 5. SETA accredited Full Qualification (CATHSSETA).

# LEARNING PATHWAYS

- National Diploma in Coaching Science
- Applied Sports Psychology
- Add HFPA Continuing Education Programmes to grow your career into the various avenues that the Fitness Industry has evolved into. We offer over 50 programmes and consistently develop new programmes relative to the needs of the industry.

# HFPA ONLINE LEARNING PLATFORM (OLP)

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You will receive constant communication and feedback from your very own Online Tutor and steadfast support from our dedicated online-support team.

The workshops offered for blended-learning students serve as revision sessions in which you can ask questions, revise key concepts and receive hands-on guidance from our master trainers.



# DESCRIPTION OF MODES OF DELIVERY

## Weekday Blended Programme:

Offered over an academic year. This weekday programme is offered from our campuses which are situated in all the major centres. Highly qualified Course Presenters offer interactive workshops from our fully equipped High Performance and Training Centres. Full Time programmes are aimed at school leavers and those not employed during weekdays. Students are guided and assisted by the course leaders throughout the year. These comprehensive programmes multi-skill the participants to offer a wider scope of services in the workplace. Our Weekday Blended Programme consists of weekday classes: Two of which is theory, and Three are dedicated to workplace learning.

## Online Learning Programme:

With the assistance of the HFPA Online Learning Platform, students are given all of the tools to successfully complete their course entirely online. Students can also apply online to attend support workshops that will run once a term. The online course work and App are downloadable and available off-line so connectivity and bandwidth should not be an issue

## FULL TIME COURSES (COMMENCING FEBRUARY 2019) LIFESTYLE FACULTY

# YOGA TEACHER TRAINER (200 HOUR YOGA ALLIANCE)

PART TIME

**RYT 200**  
**(REGISTERED YOGA TEACHER)**

**REPS SA**  
**(INTERNATIONALLY PORTABLE)**

## ABOUT THIS COURSE

This comprehensive yoga course will qualify you to implement advanced yoga practices, as well as leading your clients to a better, more stress free and mindful way of life. It goes beyond just anatomy and exercise, to incorporate the philosophical and psychological dimensions of yoga. Centred around Vinyasa flow, but also drawing on Ashtanga yoga, it is delivered by Ashleigh Caradas, an accredited ERYT (Experienced Registered Yoga Teacher) and Principal Instructor at HFPA Yoga School.

Includes Pilates Mat and Weight Management Coach

### COURSE DURATION

6 Months

### CAMPUSES / MODES OF DELIVERY

Evening and weekend lectures

\*Attendance is mandatory in order to meet the 180 facilitated hours and 20 log hours required for the Yoga Alliance 200-hour quota.

- Rivonia
- Cape Town

### COURSE RESOURCES

- Hard Copy Manuals
- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors

# ENTRY REQUIREMENTS

It is recommended that you have been attending yoga classes for at least a year before tackling this course.

## ACCREDITATION

- A certificate from our RYS (Registered Yoga School)
- Ability to apply for registration and use of the Registered Yoga Teacher (RYT) credential from Yoga Alliance
- Registered with REPSSA (Register of Exercise Professionals South Africa)

## LEARNING OUTCOMES

Successful learners will be able to:

- Teach yoga in any gym or studio environment – from beginners to the more advanced.
- Open your own business to cater for a growing pool of clients who want stronger bodies and more peaceful minds.

## LEARNING PATHWAYS

- Yoga Fitness Instructor
- ILS life coach

# GROUP FITNESS INSTRUCTOR

RIVONIA • LINKSFIELD • DURBAN • PORT ELIZABETH • CAPE TOWN • PRETORIA

20 CPD  
POINTS

REPS SA  
(INTERNATIONALLY PORTABLE)

## ABOUT THIS COURSE

This is a practical, fun and versatile course that will allow you to give group fitness classes in a high-energy atmosphere. It covers the fundamentals of group fitness instruction including exercise and dance moves, music selection, choreography and teaching methods. It also includes our Advanced Hiit Trainer series (High Intensity interval Training, Hiit Circuit Training, Bootcamp & Olympic Lifting)

### COURSE DURATION

3 weekends

### CAMPUSES / MODES OF DELIVERY

- Attended Course
- Rivonia
- Linksfield
- Pretoria
- Cape Town
- Durban
- Port Elizabeth

### COURSE RESOURCES

- Hard copy manual with all the course content

# ENTRY REQUIREMENTS

No previous qualifications or requirements are needed.

# ACCREDITATION

Upon completion of this course you will be awarded 20 REPS CPD points and will receive an HFPA certificate of achievement.

# LEARNING OUTCOMES

Successful learners will be able to:

- Provide group fitness classes in a studio or gym environment or in your private capacity
- Lay the foundation to specialize further in other group classes

# LEARNING PATHWAYS

- Latiinix Instructor
- Studio Cycle Instructor

# ILS LIFE COACH

RIVONIA • CAPE TOWN

72 ICF hours

REPS SA

INTERNATIONALLY PORTABLE

## ABOUT THIS COURSE

We have partnered with Inner Life Skills (ILS) to bring you their internationally recognised, ICF-accredited life coaching course. This course is aimed at teaching you how to create and use powerful life coaching tools in order to improve your abilities to persuade, negotiate, lead, motivate and inspire others and, ultimately, help them achieve their goals, whether personal or professional.

You will learn to build plans, drive action, transform negativity, bust fear, overcome obstacles and beat procrastination in order to master your own destiny and empower others to master their's in turn.

Note: This course is presented in 2 components, Life Coach 101 (level 1) and Life Coach Qualified (Level 2). You may select to complete only the level 1 component of the course for which you will receive a certificate of completion.

### ILS LIFE COACH 101 (LEVEL 1)

This component provides 12 accredited ICF training hours. It is an introductory weekend workshop that teaches the foundations of life coaching, providing the basic knowledge necessary to progress to an advanced level. This component gives you the ability to use the skills you learn in your daily life, but does not let you practice as a qualified life coach, for this you are required to complete level 2 of the course.

### ILS LIFE COACH QUALIFIED (LEVEL 2)

This component provides 60+ accredited ICF training hours and gives you the ability to charge for your coaching services. In other words you will be a fully qualified ILS life coach operating at a professional level. This part of the course runs over a 3-6 month period in which lectures take place once weekly in the evenings. You will also need to attend 3 weekend workshops and schedule your practical and theory exam with an ILS assessor.

### COURSE DURATION

Level 1: 2 days

Level 2: 6 Months

### CAMPUSES / MODES OF DELIVERY

- Part-Time :Rivonia, Cape Town
- Online/Online + workshops

### COURSE RESOURCES

- Hard Copy Manuals
- Online E-Books
- Study Guides
- HFPA Online Learning Platform
- Online Tutors

## ENTRY REQUIREMENTS

No previous qualifications or requirements are needed.

## ACCREDITATION

Level 1: Receive a certificate of completion and 12 ICF hours

Level 2: Gain 60+ training hours recognised by the International Coaching Federation (ICF). This qualifies you to work and earn as a Life Coach

## LEARNING OUTCOMES

On achieving this qualification, the learner will be able to:

- Practice & earn as a professionally qualified life coach with level 2 (not all life coach qualifications allow you to do this)
- Pursue a career in corporate coaching within companies with Level 2.
- Incorporate your learnings on how to negotiate, lead and inspire into your personal training or fitness business

## LEARNING PATHWAYS

- Applied Sports Psychology
- Introduction to Neuroscience Coaching

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You will receive constant communication and feedback from your very own Online Tutor and steadfast support from our dedicated online-support team.

## DESCRIPTION OF MODES OF DELIVERY

### Part-time Learning

This mode of learning provides for flexible study that combines online home study with structured workshops offered throughout the year from HFPA Campuses and Training Centres. The workshops are offered nationally, over a full weekend, several times during the year. Students will attend a particular weekend workshop at a time that is conducive to their progress. Register at any time during the year.

### Online + Workshops Learning

This mode of learning provides for flexible study that combines online home study with structured workshops offered throughout the year from HFPA Campuses and Training Centres. The workshops are offered nationally, over a full weekend, several times during the year. Students will attend a particular weekend workshop at a time that is conducive to their progress. Register at any time during the year.