

# HIGHER CERTIFICATE IN EXERCISE SCIENCE (HCES)

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. Students also choose 3 Specialisation Electives that are included in the course fee. These electives further increase your scope of expertise and the services that you are able to offer. The electives include: Functional Training, Nutrition, Injury Prevention, Training in Various Environments and others depending on your direction of interest.

We will provide our updated list of Specialisations prior to course commencement and students will choose these under the guidance of the Course Leader.

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
- Part 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.

# 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. Students choose 3 Specialisation Electives which are included in the course fee.

## **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 twice annually, in February and July. Highly qualified Course Presenters offer interactive workshops from our fully equipped High Performance and Training Centres. This programme is offered nationally.

# CONTACT US

## **HEAD OFFICE**

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