

PERSONAL TRAINER

ONLINE • CORRESPONDENCE

FEES (PAYMENT TERMS AVAILABLE)

CORRESPONDENCE: R12 500 • ONLINE: R10 500

OCCUPATIONS SKILLS
CERTIFICATE

NQF 5

SAQA REGD

86 CREDITS

CATHSSETA

REPS SA
INTERNATIONALLY PORTABLE

ABOUT THIS COURSE

The Personal Trainer Certificate is an Occupational Skills Programme which qualifies you to work internationally as a Personal Trainer, offering one-on-one fitness instruction to individuals and small groups. Work in a variety of fitness environments which include Health Clubs, Sport & Recreation Centres, Cruise Liners, International Holiday Clubs and Spas.

Continue onto the Exercise Specialist and Sports Conditioning Coach programme and grow your scope of practice to include Special Population Groups. These groups include children & youth, the elderly and those that are at an increased risk such as pregnant clients. The Sports Conditioning Coach module will further grow your scope to include specialised training for Sports People and Athletes. Add a variety of HFPA Continuing Education Specialisation programmes and grow your career in the direction of your interests and passions.

This course includes our Sports Nutrition online course.

SPORTS NUTRITION

The correct eating regimen can go a long way to enhance a physical training programme and help towards improving overall sports performance. This course has been designed to provide fitness professionals with a basic understanding of sports nutrition concepts. It explores the energy needs for various athletes, looks at pre-event nutrition, nutrition for recovery, key vitamins and minerals for athletes and popular dietary supplements.

*Note: This course lays the foundation for useful advice, but does not allow you to prescribe diet plans or practice as a dietician.

COURSE DURATION

3 - 6 Months

CAMPUSES / MODES OF DELIVERY

- Online
- Online + workshops

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.

LEARNING OUTCOMES

Successful learners will be able to:

- Apply anatomical and biomechanical principles to physical activity
- Apply principles of Sport and Exercise physiology
- Design exercise programmes
- Conduct a screening procedure
- Test and evaluate health related fitness
- Promote an awareness of nutritional principles
- Instruct Exercise to individuals and groups
- Motivate and encourage participation in physical activity
- Operate professionally in a sport, recreation or fitness environment
- Supervise the use of a fitness facility and equipment
- Maintain a fitness environment and equipment
- Provide for safety and risk management in sport, fitness or recreation
- Apply entrepreneurship to the administration of a fitness business

ACCREDITATION

SAQA Registered NQF 5. SETA accredited Occupational Skills Programme (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 PATHWAYS

- Exercise Specialist and Sports Conditioning Coach
- Professional ILS Life Coach™ and Nutrition (HFPA LifeStyle Coach™)
- Add HFPA Continuing Education Programmes to grow your career in to 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

All students are allocated to an HFPA Online Tutor who will assist with all aspects of the course.

Correspondence Learning

This mode of learning provides for flexible study that combines online home study with structured workshops offered throughout the year from HFPA Campuses. 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.

CONTACT US

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