



**COURSES**

## Higher Certificate: Fitness (Year 1, Level 5) - CHE



The **Higher Certificate in Fitness** will qualify you to work in the fitness industry as a personal trainer, fitness instructor / trainer or wellness consultant. The programme includes subjects like Anatomy, Physiology, Kinesiology (Exercise Science), Training Principles and Methods as well as Fitness Business Management.

Once qualified, students can look for workplace opportunities in South Africa and abroad within health clubs and fitness centres or start their own fitness business / practice. Students who qualify are also automatically registered on **REPSSA** (Register of Exercise Professionals South Africa) which links to other REPS registers in the world and gives the students international workplace opportunities around the world in health clubs and on cruise ships.

## Advanced Certificate: Fitness - Sport Conditioning (Year 2, Level 6) - CHE

The **Advanced Certificate in Fitness – Sport Conditioning Trainer**, will qualify you to work as a Conditioning Trainer / Coach within any sport. This include the recreational, school, club, provincial, national athlete or sport participant.

Modules / Subjects include Advanced Sport & Exercise Science, Sport Fitness Conditioning, Periodisation: Training for Sport, Sport Nutrition & Sport Psychology. This is an advanced programme for those students who have completed the Higher Certificate in Fitness and once completed students could also consider to study the **Advanced Certificate: Special Populations**.



## Higher Certificate: Sport, Recreation & Fitness Management (Year 1, Level 5) - CHE

The **Higher Certificate in Sport, Recreation & Fitness Management** qualifies you to work in the field of sport or fitness management as well as in administration. As a graduate, you will be able to work in schools (sport co-ordinator / director), sports clubs (administrator / manager) or in private institutions (club manager / operations manager / sales & marketing) as well as a range of other areas which include but are not limited to sport events, sports recreation, sport team management, mass participation programmes as well as community sport development.

## National Diploma in Sport Management (Year 2, Level 5) - CATHSSETA

The course (**National Diploma in Sport Management**) objective is to give you the knowledge and skills to enter the workplace of sport. If you combine your qualification with appropriate experience and personal attributes you can target employment prospects in the business of sport as an event manager, sport management consultant, health club manager, recreation manager, team manager, sport marketing manager or consultant both nationally and internationally.

