

CREDIT-
BEARING*

ONLINE



30 HPCSA CPD Points: CPD Reg. No.: MDB015/149/01/2022

Online Course in Higher Exercise and Nutrition Science

Presented by the Faculty of Health Sciences, University of Pretoria

The **Online Course in Higher Exercise and Nutrition Science** provides you with essential information and insights to exercise physiology, biomechanics, anatomy, motor learning and nutrition as a novice personal trainer. The course covers various aspects of screening of clients, performing strength, flexibility and risk assessments, and developing training programmes that focus on cardio-respiratory, resistance and flexibility training. You will also gain invaluable knowledge on the personal training environment that can be applied in any practical setting, including behaviour modification, the business of personal training, structure and policy issues, economics and finance management, as well as marketing and professional relations.

This credit-bearing course provides you with an entry point to formal degree programmes exclusively presented by the University of Pretoria with credits afforded towards the specified degree module FLG331 (18 credits).



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Shifting knowledge to insight



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Course content

- Introduction to the field and profession of personal training
- The science of personal training
- Behaviour modification
- Initial client screening
- Developing exercise programmes
- The business of personal training
- Exercise testing and prescription
- Research in exercise science
- Specialised content which include video lectures on
 - Anatomy
 - Biomechanics of sports performance
 - Nutrition
 - Psychology of sport
 - Risk in sport
 - Training and coaching
 - Man as athlete
- National Certificate in Fitness
 - Exercise physiology
 - Assessment and programming
 - Special considerations
 - Exercise Psychology
 - Entrepreneurship
 - Nutrition and weight management
- Sports conditioning
 - Anatomy and physiology
 - Fitness testing and evaluation
 - Nutrition and injuries
 - Coaching principles

Learning outcomes

After completion of this course, you should have a sound and sufficient working knowledge of

- individual specific fitness, goal setting, management, resistance and good technique
- sport specific fitness, goal setting, management, resistance and good technique.
- how to apply scientific knowledge to design and implement physical activity programs for both healthy and athletic populations
- how to screen and assess clients
- how to assist clients with stress, nutritional and lifestyle management
- design and implement exercise and training programs
- guiding clients in their weight loss goals, and
- guiding clients in strength and conditioning training.

Who should enrol?

This course is ideal for you if you are interested in exercise science and sports management.

Admission requirements

Prospective delegates should at least have National Senior Certificate (Grade 12) or an NQF level 4 qualification.

Course fees

R19 000.00 per delegate (VAT incl.)

Course fees include all course material.

Course fees must be paid in full 14 days prior to course start dates. Proof of payment can be submitted to enrolments@enterprises.up.ac.za.

Accreditation and certification

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Registration and enquiries

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Shifting knowledge to insight

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