

Advanced Certificate in **Exercise Science**

* **Admission Requirements:**
Higher Certificate in Exercise Science (NQF 5 or equivalent)

 **Duration: 12 Months**

SAQA ID: 91829

 **NQF 6**

 **141 Credits**

 **Accredited: CHE**

 **Endorsed by: REPSSA; ICREPS**

 **Full Time**



1267

543,20

576

432,70

Advanced Certificate in Exercise Science (NQF 6)

SAQA ID: 91829

 141 Credits

Overview

The Advanced Certificate in Exercise Science (ACES) (NQF 6) is an internationally portable Higher Education qualification which covers Advanced Personal Trainer, Strength and Conditioning Coach and Exercise Specialist. The Higher Certificate in Exercise Science (HCES) is a prerequisite and this programme builds on the knowledge already gained in the HCES.

This qualification focuses on high performance training and analysis as well as special population groups. You will be able to work with a referral team of sport scientists, doctors, physiotherapists, biokineticists, and dietitians, and with clients who have particular goals or physical needs. These include people with cardiovascular, musculoskeletal, immunological, neurological and metabolic conditions, as well as pregnancy, the youth and the elderly.

Become a Respected Fitness Professional of the highest calibre with our Higher Education qualifications. Graduates enter the workplace as multi-skilled Fitness Professionals with a broad base of expertise.

Work internationally in Fitness, Sport or Recreation environments, or start your own business.

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

Job Opportunities

- ▶ **Fitness Instructor in a large wellness and fitness facility**
- ▶ **Personal Trainer able to work with special population groups**
- ▶ **Strength and conditioning Coach and exercise specialist**



Accreditations

DOE; CHE; HEQC

* Registered by the Department of Education (DOE) and accredited by the Higher Education Quality Controls (HEQC) and the Council for Higher Education (CHE)

Endorsed by

REPSSA; iCREPS

* Recognised and registered with REPSSA (Register of Exercise Professionals South Africa). REPSSA is part of iCREPS (International Confederation of Registers for Exercise Professionals)

Admission Requirements

Applicants seeking admission to the Advanced Certificate in Exercise Science (NQF Level 6) must meet one of the following minimum admission requirements:

Applicants must hold one of the following recognised qualifications:

- ▶ A Higher Certificate in Exercise Science (NQF Level 5);
- ▶ A Higher Certificate in Fitness (NQF Level 5);
- ▶ A National Certificate in Fitness (NQF Level 5); or
- ▶ An equivalent qualification in Exercise Science, Fitness, Human Movement, Sport, or a closely related field at NQF Level 5, as recognised by the institution.

Curriculum



EXERCISE PHYSIOLOGY:

The module develops students' understanding of the physiological responses and adaptations of the human body to acute and chronic exercise. It provides students with the knowledge and skills to analyse the function of the cardiovascular, respiratory, neuromuscular, and metabolic systems during physical activity, and to apply exercise physiology principles to the design, implementation, and evaluation of safe and effective exercise programmes that enhance health, fitness, performance, and wellbeing across diverse populations.



SPORTS TRAINING:

The module develops students knowledge and application of the scientific principles underpinning sport training, exercise prescription, and physical conditioning. It equips students with the skills to design, implement, monitor, evaluate, and adapt evidence-informed training programmes that optimise health, physical fitness, athletic performance, and long-term participant development across a range of sport and exercise settings. Students will critically apply training principles to meet the needs of individuals and groups while promoting safe, ethical, and effective training practices.



SAFETY AND INJURY PREVENTION:

The module develops students' knowledge and practical skills in promoting safe participation in sport, exercise, and fitness environments. It equips students to identify injury risk factors, implement appropriate risk management and injury prevention strategies, and apply safe exercise practices that protect participant wellbeing. Students will develop the competence to recognise common injuries, respond appropriately to injury-related situations within their scope of practice, and contribute to the creation of safe, inclusive, and supportive exercise environments.





EXERCISE AND MODIFICATIONS FOR SPECIAL NEEDS:

This module develops students' knowledge and practical competence in designing, implementing, and modifying exercise programmes for individuals with diverse health, functional, and age-related considerations. It equips students to apply evidence-based exercise prescription principles, conduct appropriate risk screening, and adapt exercise interventions to meet the unique needs of special populations. Students will develop the ability to promote safe, inclusive, and effective participation in physical activity while supporting health, functional capacity, disease prevention, rehabilitation, and overall wellbeing within their professional scope of practice.



PSYCHOLOGY AND LIFESTYLE ISSUES:

The module develops students' understanding of the psychological, behavioural, and lifestyle factors that influence health, physical activity, exercise participation, adherence, and performance. The module equips students with the knowledge and practical skills to apply evidence-based behaviour change theories, effective communication techniques, and motivational strategies that support positive lifestyle modification and long-term exercise adherence. Students will develop the competence to promote holistic wellbeing, enhance client engagement, and foster sustainable health and performance outcomes through ethical and person-centred professional practice.



SPORT CONDITIONING FACILITIES:

The module develops students understanding of the planning, operation, management, and safe use of sport conditioning and exercise facilities. It equips students with the knowledge and practical skills to manage facility operations, maintain equipment and resources, implement health and safety and risk management procedures, and uphold professional, ethical, and legislative standards within sport, fitness, and exercise environments. Students will develop the competence to contribute to the effective management of conditioning facilities that promote participant safety, operational efficiency, and high-quality service delivery.



EXERCISE ASSESSMENT:

The module develops students knowledge and practical competence in conducting, interpreting, and applying health, fitness, and performance assessments within exercise science contexts. It equips students with the skills to select and administer appropriate assessment protocols, evaluate and interpret assessment findings, and use the results to inform evidence-based exercise prescription, programme design, participant monitoring, and performance evaluation. Students will develop the ability to conduct assessments safely, ethically, and professionally while supporting informed decision-making and promoting optimal health, fitness, and performance outcomes across diverse populations.



NUTRITION:

The module develops students knowledge of the principles of nutrition and their application to health, physical activity, exercise performance, and recovery. It equips students with the ability to apply evidence-informed nutritional guidelines to support healthy lifestyle behaviours, optimise exercise participation and performance, and promote recovery across diverse populations. Students will develop the competence to provide general nutrition education within their professional scope of practice, recognise the relationship between nutrition and exercise, and identify situations requiring referral to appropriately qualified nutrition and dietetic professionals.



EXPERIENTIAL LEARNING:

The module provides students with structured and supervised Work-Integrated Learning (WIL) experiences that integrate theoretical knowledge with authentic professional practice within exercise, fitness, health, and sport environments. It equips students with the practical skills, professional competencies, and ethical behaviours required to plan, implement, monitor, and evaluate exercise interventions under appropriate supervision. Through reflective practice and workplace engagement, students develop professional judgement, effective communication, problem-solving abilities, and the confidence to operate competently and responsibly within the exercise science profession.

What we offer:



Practical learning



**Job opportunity alerts on the
HFPA Graduates group**



**Highly qualified and skilled
lecturers**



Payment terms



Enquiries:  079 172 1728 | info@hfpa.co.za | hfpa.co.za
National Contact Centre: 0861 777 010