



In uniqueness there is no competition and no comparison

**INTERNATIONAL COLLEGE OF KINESIS
COURSE 902/3CE**

**National Diploma - Exercise/Club Management
Incl. The National Fitness Certification**

CAREER OPPORTUNITIES INCLUDE

**A Career in Exercise and/or Club Management, Practice as a Fitness Instructor,
Personal Trainer, Group Trainer incl. a Pilates Teaching Component**

VENUE	Sandton Campus	E-mail	info@collegeofkinesis.com
Phone	0114440761	Office Hours	MONDAY – FRIDAYS 09:00 – 16:00
NQF LEVEL	LEVEL 5		

This course is intended for the individual who has a passion for fitness and who is interested in building a career in exercise and/or club management within the health and fitness industry. The requirements to attend this course are: a Grade 12 certificate, be involved in some form of fitness activity, be healthy and able to take part in some physical activity.

COURSE NATURE:

Weekend. Students enrol for Course 902 in the first year.
3 year course

TIME PERIOD:

February to December

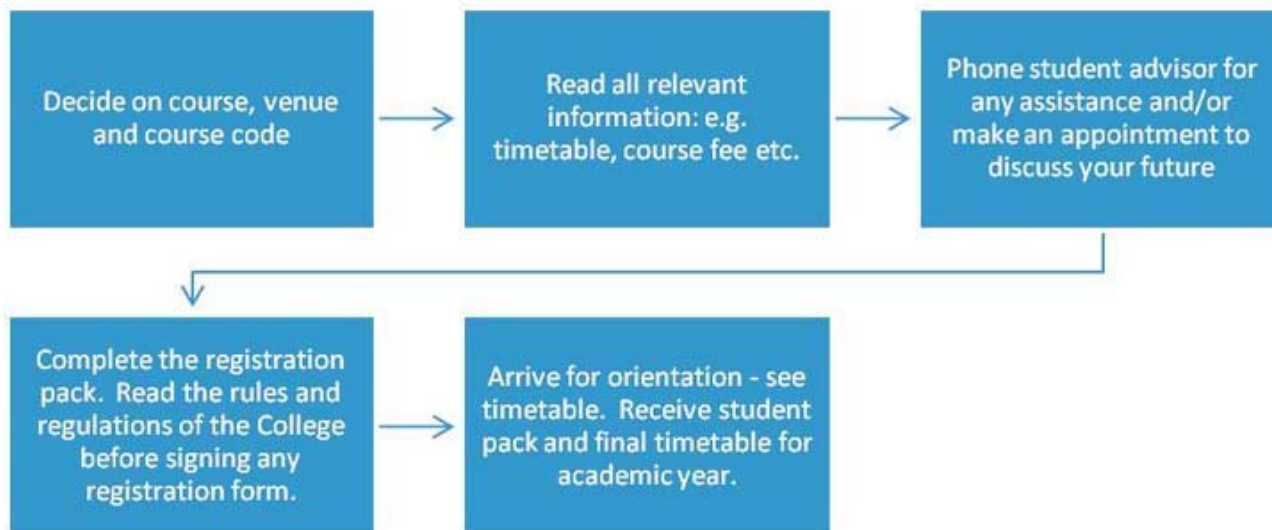
QUALIFICATION OBTAINED:

National Certificate in Fitness (including Pilates as a teaching component)
Work in the industry as a Personal Trainer and/or Group Trainer teaching various class formats to music.
ICK's National Diploma – Club and Exercise Management

REQUIREMENTS FOR INTERVIEW/ENTRANCE TO COURSE:

Grade 12 qualification
Good health and physically fit
Exercise experience and/or sports interests
Currently participating in various exercise programs

PROCESS TO COMPLETE THE COURSE:



EVALUATION OF KNOWLEDGE, SKILLS AND ABILITIES:

The evaluation process is continuous and consists of a combination of learning outcomes. It is important that the student completes an outcome which relates to the result of a learning process, a process of acquisition that enables a student to perform in given contexts to given standards. The explanation of this process is in the student pack.

COURSE SCHEDULE: Each course direction will offer:

FUNDAMENTAL LEARNING	CORE LEARNING	ELECTIVE LEARNING
Means that learning which forms the grounding or basis needed to undertake the education, training or further learning required in obtaining a qualification.	Means that compulsory learning required in situations contextually relevant to the particular qualification	Means a selection of additional credits at the level of the NQF specified, from which a choice may be made to ensure that the purpose (s) of the qualification is achieved
The three categories will be at a similar levels and therefore of similar degrees of complexity in each of the categories.		
A qualification is to be made up of a certain number of credits. SAQA speaks of one credit being the rough equivalent of the hours of learning. For the whole qualification, the credits are the total number of credits that a student via the UNIT STANDARDS achieves.		
FUNDAMENTAL LEARNING	CORE LEARNING	ELECTIVE LEARNING
The profession of Health and Exercise Management	Wellness, Fitness and Lifestyle Management	The profession of Exercise Management: Promoting Physical Activity in the Community
Health Benefits and recommended amount of physical activity	Components of a Program and Program Variables	Principles of Physical Activity screening, assessment and prescription
Activating the community	Metabolic Fitness Training and Energy Costs of Physical Activities	Physical activity prescription for special populations
The health and fitness Industry	Essentials of Strength Training and Conditioning of the total body Mobility, Stability and Flexibility for total muscular Fitness	Leadership and management for the exercise manager
Introduction to health and fitness management	Anatomy	The health fitness Industry and understanding your customer or member
Front of the house management	Physiology	Organizational development
Back of the house management	Kinesiology and biomechanics	Management and Managers
Physical Activity, Fitness and Health	Health Screening, Client interviewing and required evaluation and testing	FRONT OF THE HOUSE MANAGEMENT: Marketing and

		Sales
Aerobic Fitness	Exercise Prescription; Program Design and Management	Member Management
Muscular Fitness including body conditioning, flexibility and ball programs	Principles of Injury Prevention and Treatment	Service Desk management
Activity and weight control	Principles of Nutrition and Management of Body Composition	Program Management
Performance in Work and sport	Weight management	Specialized Programs
Vitality and longevity	Stress management	Profit Center Programs
Wellness for life	Substance use and abuse	Staff selection and development
Exercise Leadership	Exercise and Children	Health Fitness Equipment Considerations
Behaviour Modification	Exercise and Older Adults	BACK OF THE HOUSE MANAGEMENT: Health and Safety Guidelines
	Exercise and Obesity	Facility Maintenance Management
	Exercise and Diabetes	Financial Management
	Exercise and Coronary Heart Disease	Payroll and Compensation
	Exercise, Asthma, and Pulmonary Disease	Legal Issues
	Exercise and Women's Health	Insurance Considerations
	Movement Fusion program including: step, aerobics, spinning, yoga and pilates matwork	Computer Applications
	Music Training	Evaluation and strategic Planning

Visit our website www.collegeofkinesiology.com

If you have a comment, or a suggestion, or a question, do not hesitate to call us on (+2711) 444 0761

If you have any queries or would like to send us an email please email us on info@collegeofkinesiology.com