



In uniqueness there is no competition and no comparison

INTERNATIONAL COLLEGE OF KINESIS
COURSE 901 ,902,903,904,905
National Fitness Certification

CAREER OPPORTUNITIES INCLUDE
Personal Training, Group Training

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 personal and group training within the fitness industry. The requirements for our National Fitness Certification 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:

Campus Life - Tuesdays and Thursdays(Course # 901) and/or Saturdays (Course # 902)

Electronic Class - Own Venue (Course #903 Cape Town; Course #904 Durban; Course # 905 Johannesburg)

TIME PERIOD:

February to November

QUALIFICATION OBTAINED:

National Certificate in Fitness.

Work in the industry as a Personal Trainer and/or Group Trainer teaching various class formats to music.

REQUIREMENTS FOR INTERVIEW/ENTRANCE TO COURSE:

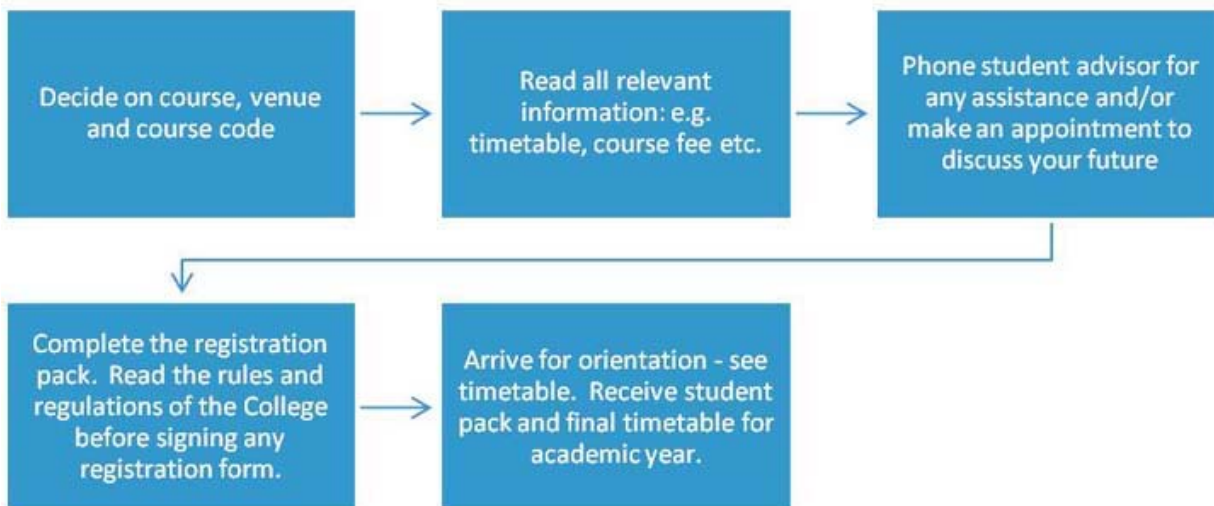
Grade 12 qualification

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	Exercise and Children
Health Benefits and recommended amount of physical activity	Components of a Program and Program Variables	Exercise and Older Adults
Activating the community	Metabolic Fitness Training and Energy Costs of Physical Activities	Exercise and Obesity
The health and fitness Industry	Essentials of Strength Training and Conditioning of the total body Mobility, Stability and Flexibility for total muscular Fitness	Exercise and Diabetes
Introduction to health and fitness management	Anatomy	Exercise and Coronary Heart Disease
Front of the house management	Physiology	Exercise, Asthma, and Pulmonary Disease
Back of the house management	Kinesiology and biomechanics	Exercise and Women's Health
Physical Activity, Fitness and Health	Health Screening, Client interviewing and required evaluation and testing	Movement Fusion program including: step, aerobics, spinning, yoga and pilates matwork

Aerobic Fitness	Exercise Prescription; Program Design and Management	Music Training
Muscular Fitness including body conditioning, flexibility and ball programs	Principles of Injury Prevention and Treatment	
Activity and weight control	Principles of Nutrition and Management of Body Composition	
Performance in Work and sport	Weight management	
Vitality and longevity	Stress management	
Wellness for life	Substance use and abuse	
Exercise Leadership		
Behavior Modification		

Visit our website www.collegeofkinesis.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@collegeofkinesis.com