



In uniqueness there is no competition and no comparison

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

National Diploma - Exercise/Cardiac Musculoskeletal Rehabilitation Consultant

CAREER OPPORTUNITIES INCLUDE

Exercise Rehabilitation Consultant, Cardiac and Musculoskeletal
Exercise Consultant, Personal Trainer and/or Group Trainer

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 wants to specialize in becoming a cardiac musculoskeletal exercise rehabilitation consultant in the 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:

A three year course. New students should enrol for 901 or 902 as first year during 2009. Second/Third year students should make an appointment with Course Leader to discuss structure, costs and timetables.

TIME PERIOD:

February to December

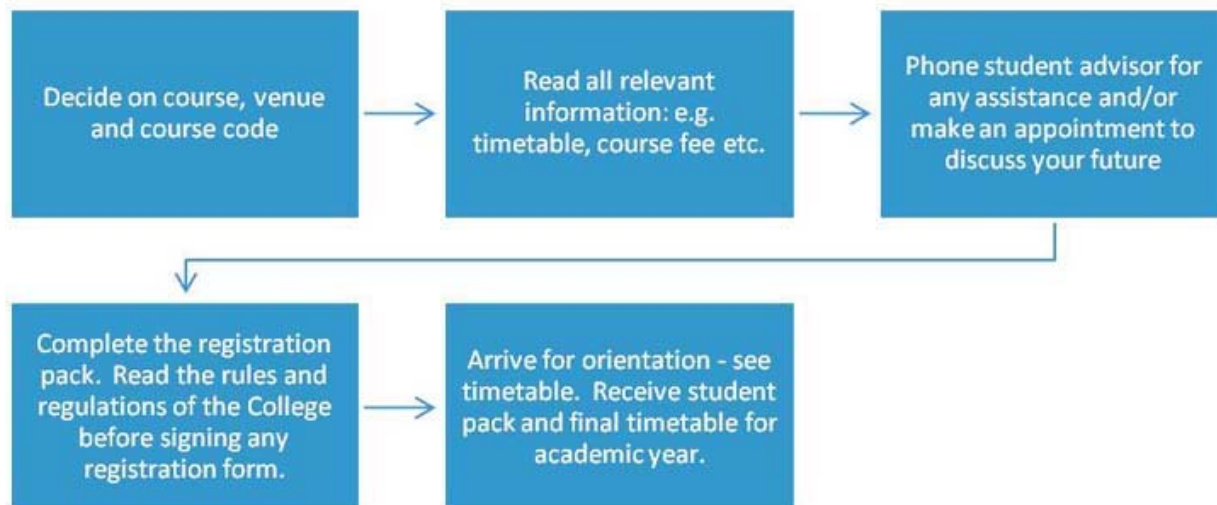
QUALIFICATION OBTAINED:

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 – Exercise Cardiac and Musculoskeletal Exercise Rehabilitation Consultant

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	INTRODUCTION TO CLINICAL EXERCISE PHYSIOLOGY Behavioural approaches to physical activity promotion; Legal Considerations; General Evaluation and Examination Skills; Pharmacotherapy; Graded Exercise Testing; General exercise Prescription Development
Health Benefits and recommended amount of physical activity	Components of a Program and Program Variables	ENDOCRINOLOGY AND METABOLIC DISORDERS

		<p>Diabetes</p> <p>Obesity</p> <p>Frailty</p> <p>Hyperlipidemia and Dyslipidemia</p> <p>End stage Renal Disease</p>
Activating the community	<p>Metabolic Fitness Training and Energy Costs of Physical Activities</p>	<p>CARDIOVASCULAR DISEASE</p> <p>Myocardial Infarction</p> <p>Revascularization of the Heart</p> <p>Valvular Heart Disease</p> <p>Chronic Heart Failure</p> <p>Hypertension</p> <p>Peripheral Arterial Disease</p> <p>Pa cemakers and Internal Cardiac Defibrillators</p> <p>Angina and silent Ischemia</p> <p>Atrial Fibrillation</p> <p>Aneurysms</p>
The health and fitness Industry	<p>Essentials of Strength Training and Conditioning of the total body</p> <p>Mobility, Stability and Flexibility for total muscular Fitness</p>	<p>DISEASES OF THE RESPIRATORY SYSTEM</p> <p>Chronic Obstructive Pulmonary Disease</p> <p>Asthma</p> <p>Cystic Fibrosis</p>
Introduction to health and fitness management	Anatomy	<p>ONCOLOGY AND THE IMMUNE SYSTEM</p> <p>Cancer</p> <p>Human Immunodeficiency Virus</p> <p>Abdominal Organ transplant</p> <p>Chronic Fatigue Syndrome</p> <p>Fibromyalgia</p> <p>Anemia</p> <p>Bleeding and clotting disorders</p>
Front of the house management	Physiology	<p>DISORDERS OF BONES AND JOINTS</p> <p>Arthritis</p> <p>Osteoporosis</p> <p>Nonspecific Low Back Pain</p> <p>Lower Limb Amputation</p>
Back of the house management	Kinesiology and biomechanics	<p>SELECTED NEUROMUSCULAR DISORDERS</p> <p>Spinal Cord Injury</p> <p>Multiple Sclerosis</p> <p>Stroke and Brain Injury</p>

		<p>Pa raplegia and tetraplegia</p> <p>Epilepsy</p> <p>Muscular Dystrophy</p> <p>Polio- and Post – Polio Syndrome</p> <p>Amyotrophic Lateral Sclerosis</p> <p>Cerebral Pa lsy</p> <p>Pa rkinson's disease</p>
Physical Activity, Fitness and Health	Health Screening, Client interviewing and required evaluation and testing	<p>SPECIAL POPULATIONS; COGNITIVE , PSYCHOLOGICAL AND SENSORY DISORDERS</p> <p>Children</p> <p>The elderly</p> <p>Female – Specific Issues</p> <p>Mental Retardation</p> <p>Alzheimer's Disease</p> <p>Mental Illness</p> <p>Deaf and Hard-of Hearing</p> <p>Visual Impairment</p>
Aerobic Fitness	Exercise Prescription; Program Design and Management	
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	Exercise and Children	
Behaviour Modification	Exercise and Older Adults	
	Exercise and Obesity	
	Exercise and Diabetes	
	Exercise and Coronary Heart Disease	
	Exercise, Asthma, and Pulmonary Disease	
	Exercise and Women's Health	
	Movement Fusion program including: step, aerobics, spinning, yoga and pilates matwork	
	Music Training	

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