



BACHELOR OF

# EXERCISE IN SPORT AND LEISURE

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**SCHOOL OF SPORT  
AND EXERCISE**

Enter the ever changing world of  
fitness

**eta**  
college



# ABOUT THIS PROGRAMME



**360 Credits, NQF Level 7**  
**SAQA ID: TBC**

This Bachelor of exercise in sport and leisure provides the depth of theory and level of application needed to inform professional practice in sport, leisure and fitness environments. The core discipline is exercise science, with modules in business management and psycho-social studies to ensure a well-rounded professional. The integration of these knowledge fields ensures that graduates are able to design, manage and implement scientifically-based programmes for a range of participants within a range of sport, fitness or leisure business environments. Qualifying graduates are able to critically respond to the industries they serve, demonstrating the conceptual, applied and reflexive knowledge which informs professional practice. Educated with the latest theories and current science, graduates can apply their knowledge to the design of a range of programmes; leading others in terms of their needs, aims or goals and demonstrating the attributes needed to manage individuals or groups in a range of contexts.



3 years



Assessment is both theory and practical.



Our learning environment is technology driven so you will need to bring a laptop to class.



**REGISTER NOW**





# TECHNICAL REQUIREMENTS



Students must have their own device, especially a laptop. If you do not have your own laptop or PC, these are available for students when on campus.

## WORD OF CAUTION:

The learning activities and content of our programmes require that the primary device that you will use should be a desktop computer and/or a laptop computer. Although you may find it beneficial to use a mobile device like a smartphone or a tablet when you are "on the move" to quickly access your programme, mobile devices are not considered sufficient to meet the technical requirement of our programmes. There are computers available at each campus to assist you on your eta journey.



Own data is essential if students work off-campus. Wifi is free on campus and can be accessed before, during and after classes



**eta** provides study spaces with devices and wifi

**eta** likes to work on a no-homework policy so students can complete their studies on campus



Access to all learning resources, library books and journals are included in **eta** tuition fees

## PLEASE REFER TO OUR LEARNER MANAGEMENT GUIDE TO READ MORE DETAILS

DOWNLOAD GUIDE



# ADMISSION REQUIREMENTS



## **Admission to Bachelor degree, NQF Level 7**

The minimum requirement for admission to Bachelor Degree programmes is either:

- A National Senior Certificate (NSC) with bachelor degree admission with minimum of 30% in English, coupled with an achievement rating of 4 (adequate achievement 50-59%) or better in four recognised NSC 20-credit subjects (refer annexure 7 for list).
- A National Certificate Vocational (NCV). A student must achieve at least 60% in three fundamental subjects, including the language of learning and teaching in the higher education institution, and achieve at least 70% in four vocational subjects, chosen from the NC (V) Level 4 subjects.
- A Senior Certificate (SC) (with relevant endorsement).
- A Further Education and Training Certificate (NQF 4) in a cognate field e.g. fitness, coaching or sport administration.
- A Higher Certificate or Advanced Certificate in a cognate field. For example, a Higher Certificate in Fitness or in Coaching Science enables access to the Diploma in Sport and Exercise. The Higher Certificate in Sports Recreation and Fitness Management enables access to the Diploma in Sport and Recreation Management

## PROGRAMME ACCREDITATION

Exercise Teachers Academy PTY Limited (trading as eta College) is registered as a private higher education institution in terms of Section 54 (1) (c) of the Higher Education Act, 1997 (Act No. 101), and Regulation 16 (4) (a) of the Regulations for Registration of Private Higher Education Institutions, 2002.

This NQF level 7 Learning programme is accredited by the Council on Higher Education (CHE). The qualification it achieves is registered on the Higher Education Qualifications Sub Framework

# RECOGNITION OF PRIOR LEARNING (RPL)



RPL emerges from a global demand to increase access to higher education. RPL policies encourage providers to develop systems that enable the recognition of learning, allowing previously disadvantaged people, for whatever reason, to be able to access to a learning pathway in higher education. The RPL driving force is social justice and fairness, so no-one should be barred from higher education. At eta College, RPL can enable access to a qualification that allows you to work in the fast-growing sport and fitness sector, where competent employees are critical for the growth of the profession (Skills Development Act, 1998, Skills Development Amendment Act, 2008).

There are different types of RPL, which includes the following

- RPL for Access process which is specifically designed for those students who have not been able to meet the minimum requirements for access.
- If you have prior formal learning in credit-bearing modules or a completed qualification, it is possible for such credits to be recognised and for you to be exempt from learning you have already completed.
- If you are someone of advanced standing and did not complete a Matric (NSC) or your results were not sufficient to access higher education in the past, your work and life experience may enable you to access to higher learning now.
- If you have relevant and recent work experience that matches the learning in the qualification you want, it is possible for your knowledge and skills to be recognised and to access a higher education pathway. You may even be exempt from some modules if your work experience has given you the right level of knowledge and skills.

LEARN MORE



# HOW WILL THIS QUALIFICATION HELP YOU DIFFERENTIATE YOURSELF?



## EXERCISE SPECIALIST

Working in private practice or in a fitness facility providing expertise in exercise programming, counselling, fitness conditioning and advice on exercise – for special population groups



## SPORT SCIENCE CONDITIONING SPECIALIST (REPSSA PROFESSIONAL DESIGNATION)

Working in private practice as a Sport Science Conditioning Specialist, or in a sport club, testing, sport conditioning and advice on sport performance.



## FITNESS PROGRAMME MANAGER

Managing fitness programmes, responsible for all key outcomes of the facility's programmes.



## LEISURE MANAGER

Managing a health or leisure facility and its programmes, responsible for all key outcomes of the club and its members



## SPORT PROGRAMME MANAGER

Managing a sport club or the sport programmes in the club, responsible for all key outcomes of the club and its members

## AFTER COMPLETING THIS PROGRAMME YOU'LL BE CONFIDENT IN YOUR ABILITY TO:

- Apply current science and wellness models to sport and leisure programmes
- Conduct screening, assessment, testing and exercise prescription
- Design and implement programmes for individual's, communities or organisations
- Manage business environments in sport and leisure
- Apply relevant psycho-social knowledge and skills to leadership and management.

Range: includes but is not limited to the application of psycho-social theories and skills when coaching or advising others, instructing groups, leading work-based teams, and/or mentoring colleagues

# WHAT WILL YOU LEARN ON THIS PROGRAMME?

Find out more about what you will learn as you progress through the **three years** of this programme. There are compulsory courses, optional courses, some of which include an experiential learning component.

## YEAR 1

### SPORT AND EXERCISE SCIENCE

- Human Life Science 1
- Screening and Assessment 1
- Nutrition and Ergogenic Aids 1
- Exercise Prescription 1
- Programme management 1

### BUSINESS AND MANAGEMENT STUDIES

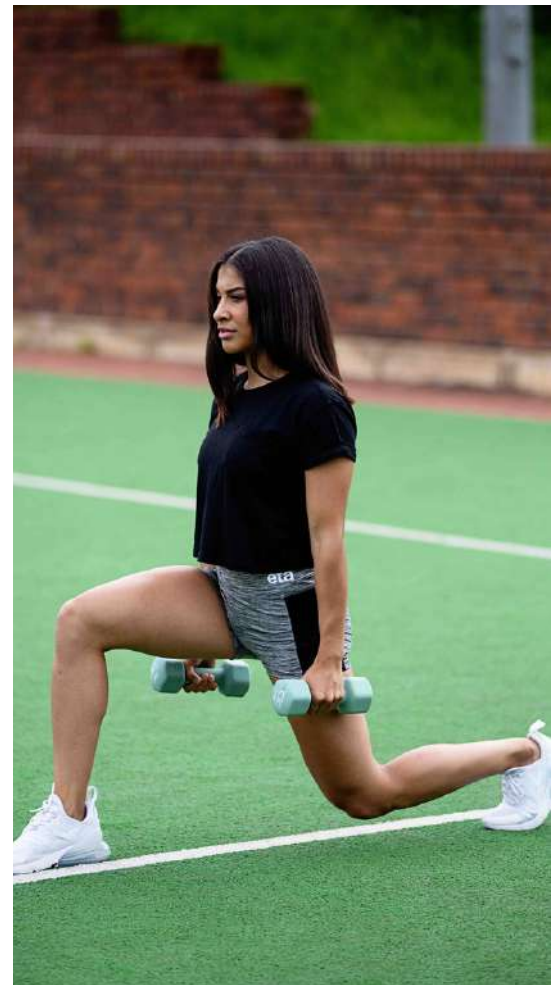
- Management theories and principles
- Business theories and principles

### SPORT AND LEISURE STUDIES

- Business environments in sport and leisure
- Theories of Sport and Leisure

### PSYCHO SOCIAL STUDIES

- Academic thought and practice: introduction to research
- Psychology and health promotion: principles and theories
- Foundations for professional development
- Facilitating learning: teaching adults and children
- Communication principles and practices



# WHAT WILL YOU LEARN ON THIS PROGRAMME?

## YEAR 2

### SPORT AND EXERCISE SCIENCE

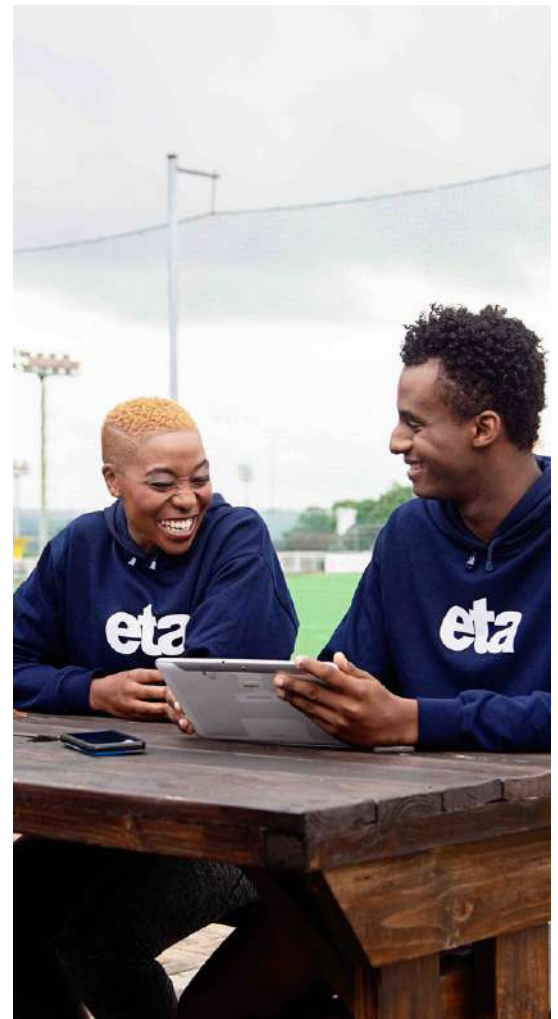
Human Life Science 2  
Screening and Assessment 2  
Nutrition and Ergogenic Aids 2  
Exercise Prescription 2  
Programme management 2

### BUSINESS AND MANAGEMENT STUDIES

Governance, policy and professional practice  
Business and finance management  
Marketing, sales and customer care  
Human resources management and industrial relations

### PSYCHO SOCIAL STUDIES

Academic thought and practice: critical thinking, research methods  
Psychology and health promotion: positive psychology and mental resilience  
Leadership: emotional intelligence, critical self-reflection  
Facilitating learning: group instruction, presentation skills





# WHAT WILL YOU LEARN ON THIS PROGRAMME?

## YEAR 3

### ELECTIVES

#### SPORT AND EXERCISE SCIENCE

- Corporate wellness: programme design and management
- Community health programme design and management
- Sport conditioning: programme design and management
- Fitness and health clubs: programme design and management

#### BUSINESS AND MANAGEMENT STUDIES

- Fitness and leisure management
- Sport programme management
- Corporate wellness programme management
- Community health programme management

### COMPULSORY

#### PSYCHO SOCIAL STUDIES

- Academic thought and practice: monitoring and evaluation
- Facilitating learning: mentoring and coaching
- Leadership: leading change, leading teams



# WHY STUDY AT *eta College*

- Qualified lecturers
- Scheduled sessions
- Exposure to industry professionals through the campus
- Technologically mediated teaching
- Superior facilities
- Opportunity to make friends
- Guided practical sessions
- Resource centre
- In-class feedback
- Attend a graduation
- Access to eta Connect (Learning Management System)
- Access to e-library (eBooks, journals, articles and so much more)
- Access to Office 365 account
- Industry-ready when qualified



# WHAT CAREER CAN I GO INTO ONCE I AM QUALIFIED?

The programme allows you entry into the sport, recreation and fitness industry.

- Exercise Specialist
- Sport Conditioning Trainer
- Fitness Programme Manager
- Leisure Manager
- Sport Programme Manager

## WHO WILL HIRE ME?

- Fitness Facilities
- Sports clubs and Recreation centres
- Self employment – as a business owner and entrepreneur
- Sports venues
- Health and Leisure Facilities

## THIS SOUNDS PERFECT FOR MY CAREER

I'M READY TO REGISTER



# NOT QUITE WHAT YOU'RE LOOKING FOR?

Other students found the following programmes relevant to their career goals:

DIPLOMA IN  
SPORT &  
EXERCISE



HIGHER  
CERTIFICATE  
IN  
FITNESS



HIGHER  
CERTIFICATE  
IN  
COACHING



## CONTACT US:

Complete an online enquiry form

CLICK HERE

