

Advanced Personal Training and Conditioning Diploma

Unit standard 67691, NOF Level 5, 247 credits

MODULES	
1	Business communication skills
2	Operate a personal computer
2	Research techniques and analysis
3	Exercise anatomy
4	Biomechanics of exercise
5	Screening procedures
6	Health-related fitness assessments
7	Growth and development
8	Exercise physiology and the environment
9	Training principles for exercise prescription
10	Warm up and flexibility training
11	Endurance training
12	Resistance training
13	Speed and agility training
14	Plyometrics and power training
15	Exercise instruction
16	Risk management
17	HIV / AIDS in the workplace
18	Disabilities in sport, recreation and fitness
19	Special needs
20	Principles of nutrition

21	Lifestyle coaching
22	Self-management
23	Ethics and values
24	Team dynamics
25	Inclusivity
26	Fitness industry practices
27	Facility management
28	Safety and security
29	Entrepreneurship
30	Presentation skills
31	Performance assessments
32	Resistance training in women, youth and the elderly
33	Biomechanics of weightlifting relating to sport
34	Periodisation
35	Sport specific conditioning
36	Management of sports injuries and health conditions
37	Sport nutrition and ergogenic aids
38	Personal development
39	Strategies for lifestyle change