



BECOME A PERSONAL TRAINER STUDY ONLINE



The National Certificate: Fitness (SAQA ID: 23374; NQF Level 5; 137 Credits) equips you to enter the fitness industry with the confidence, knowledge and skills required to offer professional services to meet the needs and expectations of a range of healthy individuals and groups.

This qualification will give you the knowledge to assess the health and fitness levels of healthy individuals; design, demonstrate and implement exercise programmes as well as assess, evaluate, monitor and modify training plans.

CAREER OPPORTUNITIES:

- Personal fitness trainer
- Health and wellness coach
- Physical educator
- Fitness club owner/operator
- Fitness facilities manager
- Group fitness instructor
- Floor supervisor

✓ Fully online

✓ 10 month duration

✓ International recognition

✓ Programme endorsement



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SSISA is a recognised provider of the Register for Exercise Professionals South Africa (REPSSA). The National Certificate: Fitness via online learning is designed into six study blocks; Study Blocks 1 – 4 contain the content as well as formative activities and theory and practical summative assessments, block 5 contains the final integrated summative assessments and block 6 appertains to your Workplace Experience Logbooks. A student must be up to date with course fees to be granted access to the next study block. All formative activities and reflections are to be completed to move from one module to another within a study block. A student must meet the pass mark of 60%, a student must complete all formative activities and self reflection in each module within a study block in order to progress to the next module. The student must pass the theory, practical and project summative assessments in each study block as well as log 60 hours of workplace experience and complete both the theory and practical integrated summative assessments to be eligible for their certificate. Study blocks must be completed in a pre-defined order (1, 2, 3, 4; access to blocks 5 and 6 will be granted at the time of access to block 4). This qualification has a practical component. Students will be required to submit videos of their own demonstrations for assessment.

[**CLICK HERE TO APPLY**](#)

HOW ONLINE WORKS



CORE MODULES INCLUDE:

Exercise anatomy
Exercise physiology
Fitness assessments
Biomechanics of exercise
Warm up and flexibility training
Endurance training
Resistance training
Speed, agility and power training
Exercise instruction
Principles of nutrition
Lifestyle coaching
Facility management
Entrepreneurship

See final page of the prospectus for a full list of modules, pacing guidelines and assessment plans

FEE OPTIONS:

- Debit Order: R25 000
(Includes R1500 non-refundable registration fee and R2 350 x10 months)

OR

- Upfront cash payment R23 999.

Early Bird Special:

Sign up and pay before 31 October 2026 and receive the following:

- Debit Order Option -Free Introduction Sport Nutrition Online Short Course (valued at R2100)
- Cash upfront- Pay only R21 999

REQUIREMENTS

Entry

-Grade 12 school-leaving certificate (National Senior Certificate) or equivalent or NQF Level 4 qualification in the fitness industry.

Technical

- Stable internet connection. A student must have sufficient data or wifi access to download, upload content and assessments, attend live lectures and access all additional resources
- Tablet or computer. Smart phones are acceptable for viewing info but not for assessments
- Moodle mobile app for off-line usage
- Latest version of Chrome, Firefox or Edge

Practical

- Practical assessment will take place via student video submissions
- A student must purchase the following equipment: tape measure, skin fold calipers, blood pressure cuff and stethoscope

Workplace Integrated Learning (WIL)

- Complete 60 hours of WIL over the qualification period
- This involves practicing skills and knowledge learned in a real work setting
- Logbook supplied

Study Block 1

STARTS 1st FEBRUARY ENDS 30 APRIL (12 1/2 weeks)

Modules :

Facility Management	2 days
Risk Management	4 days
Self Management	2 days
Anatomy	6 days
Biomechanics of exercise	6 – 8 days
Screening	6 days
Health-related fitness	6 days
Nutrition	3 days
Special needs	3 days
Disabilities	4 days

Pacing guideline

2 days
4 days
2 days
6 days
6 - 8 days
6 days
6 days
3 days
3 days
4 days

Assessment Plan

Date	Description	Type of evidence	Time
Mon 12 April	Theory Summative Assessment	Written	19h00 – 21h30
Wed 14 April	Practical Summative Assessment	Video and written	Midnight
Wed 5 May	Theory Summative Re-assessment	Written	19h00 – 21h30
Wed 5 May	Practical Summative Re-assessment	Video and written	Midnight



Study Block 3

STARTS 23 AUGUST ENDS 8 OCTOBER (61/2 WEEKS)

Modules:

Business Communication
Team Dynamic
Ethics and Values
Inclusivity
Fitness Industry Practices

Pacing guideline

5 days
5 days
4 days
4 days
5 days

Assessment Plan

Date	Description	Type of evidence	Time
Wed 8 Sept	Formative Activity	Video and written	Midnight
Mon 20 Sept	Theory Summative assessment	Written	19h00 – 21h30
Thurs 22 Sept	Project Summative assessment	Written	Midnight
Wed 29 Sept	Formative Activity Re-assessment	Video and written	Midnight
Mon 4 Oct	Theory Summative Re-assessment	Written	19h00 – 21h30
Wed 6 Oct	Project Summative Re-assessment	Video and Written	Midnight



Study Block 2

STARTS 10 MAY ENDS 13 AUGUST (14 WEEKS)

Modules:

Growth and Development	2 days
Exercise Physiology and the Environment	6 days
Training principles for exercise prescription	6 days
Warm Up and Flexibility Training	4 days
Endurance Training	7 days
Resistance Training	4 days
Speed and Agility Training	5 days
Plyometric and Power Training	5 days
Exercise to Music	8 days

Pacing guideline

2 days
6 days
6 days
4 days
7 days
4 days
5 days
5 days
8 days

Assessment Plan

Date	Description	Type of evidence	Time
Mon 26 July	Theory Summative assessment	Written	18h30 – 21h30
Wed 28 July	Practical Summative assessment	Video and written	Midnight
Mon 16 August	Theory Summative Re-assessment	Written	18h30 – 21h30
Wed 18 August	Practical Summative Re-assessment	Video and written	Midnight



Study Block 4

STARTS 18 OCTOBER ENDS 10 DECEMBER (9 WEEKS)

Modules:

- Research Techniques
- HIV/Aids in the workplace
- Safety & Security
- Entrepreneurship
- Lifestyle Coaching

Pacing guideline

5 days
3 days
3 days
10 days
3 days

Assessment Plan

Date	Description	Type of evidence	Time
Mon 18 Oct	Download the Practical Integrated Summative Assessment from LMS to complete		
Mon 1 Nov	Project Summative Assessment	Written	Midnight
Mon 15 Nov	Project Summative Re-assessment	Written	Midnight
Wed 17 Nov	Project Summative Assessment	Written	Midnight
Mon 22 Nov	Theory Summative Assessment	Written	19h00 – 21h00



Block 5&6 Final



Assessment plan and pacing guideline

Wed 24 Nov	Theory Integrated Summative assessment	Written (Open book)	Midnight
Mon 29 Nov	Practical Integrated Summative assessment	Video and written	Midnight
Mon 6 Dec	WIL Logbook Due	Written	Midnight