



QUALIFICATIONS

INFORM. TRANSFORM. PERFORM
AT THE HOME OF SPORTS SCIENCE



**One-year certificate or
Two-year diploma
in FITNESS**

Study at the renowned SSISA. We have state of the art facilities and internationally recognised experts to transform your career aspirations into reality.

For more information contact us on 021 659 5667, education@ssisa.com or visit www.ssisa.com

TEACHING TOMORROW'S SKILLS TODAY



For 30 years the Sports Science Institute of South Africa (SSISA) has provided a holistic approach to fitness, performance and wellness and to promote the advancement of sport through science. One of the governing principles is to “endeavour to provide internationally recognised sports science services, programmes, teaching and research”.

The SSISA Education Hub is committed to responding to the evolving educational landscape and the diverse needs of its students by bridging the gap between traditional and modern learning modalities.

Science continues to play a central role in the activities of SSISA and is the focus of our qualifications.

COURSE CONTENT AND DELIVERY

Written by specialists currently working in their respective fields, the course content is innovative and contemporary. Authors include professors, doctors, and biokineticists, the majority of whom work for SSISA or for UCT's Health through Physical Activity, Lifestyle and Sport (HPALS), housed at SSISA.

Our lecturers have the qualifications and experience to transfer knowledge and skills in an interactive environment.

The SSISA Education introduced the hybrid method of teaching and learning to its campus-based National Certificate: Fitness Class in 2025. It enhances student engagement and outcomes while also fostering a sense of belonging and empowerment among learners. Designed for flexible, effective learning, this qualification is delivered through 2 online theory days and 3 campus-based practical sessions, ensuring you graduate with both knowledge and real-world coaching experience.

There is a focus on practical application of knowledge and Skills to ensure that you are fully prepared to end directly into your chosen profession



WORLD CLASS **SSISA FACILITIES**

SSISA boasts a state-of-the-art fitness centre with the latest training equipment, indoor track and heated swimming pool.

In addition, SSISA has a high-performance gym, yoga/pilates studio, an endurance studio and several testing laboratories for high performance athletes.

To optimise learning, SSISA has several multimedia classrooms, a student hub with computers, unlimited WiFi access and air conditioning throughout the building.

You will complete a portion of your practical and workplace experience at SSISA and its affiliate facilities during which time you will have access to our fitness facilities.

INTERNATIONAL RECOGNITION

SSISA is an accredited training provider for the Cultural, Arts, Tourism, Hospitality, Sports Education Sector Education and Training Authority (CATHSSETA). Our accreditation number is: 613/P/000126/2008. SSISA is accredited by CATHSSETA to offer the following two qualifications:

National Certificate: Fitness (SAQA ID 23374) and
National Diploma: Fitness (SAQA ID 21890) which
are also certified by CATHSSETA.

SSISA is a recognised provider of the Register for Exercise Professionals South Africa (REPSSA). As REPSSA is an affiliate of ICREPS (International Confederation of Registers for Exercise Professionals) graduates of the fitness qualifications are able to join this international professional body as soon as they qualify. If they register, their qualification will be recognised overseas in countries such as Australia, Belgium, New Zealand, Canada, Poland, the United Kingdom and Ireland, the United States of America or United Arab Emirates.

CAREER OPPORTUNITIES



Graduates of SSISA's National Certificate: Fitness and National Diploma: Fitness could enter the following careers:

- + Personal fitness trainers
- + Fitness facilities manager
- + Floor supervisor
- + Group fitness instructor
- + Health and wellness coach
- + Physical educator
- + Fitness club owner/operator
- + Strength & conditioning coach (Diploma only)

The workplace options include:

- + Fitness centres, gyms or health clubs
- + Corporate fitness facilities
- + Sports clubs
- + Schools
- + Community centres
- + Holiday camps
- + Hotels
- + Spas
- + Cruise liners

WORKPLACE INTEGRATED LEARNING

Your Workplace Integrated Learning (WIL) is a critical aspect to obtaining the National Certificate. WIL is where a student is required to practice skills and knowledge they have learnt in a real work environment. Our students are required to complete 90 hours of WIL during each year of study. We are fortunate that the SSISA runs many internal programmes where students will have an opportunity to get a percentage of WIL hours. We also have relationships with other industry stakeholders where our students may be able to complete WIL.

ON OFFER

QUALIFICATIONS

NATIONAL CERTIFICATE: FITNESS (ONE-YEAR)

National Certificate: Fitness - NQF Level 5; 137 Credits

The National Certificate: Fitness (NCF) is a full qualification that 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 individuals and groups.

In addition to the modules specified by SAQA, SSISA has included an elective module on Growth and Development to empower you to appropriately condition young children and adolescents who are still maturing.



REQUIREMENTS

The learner must have a Grade 12 National Senior Certificate (matric) or an NQF Level 4 qualification in the fitness industry.. A student will need stable internet connection and access to a smart device (such as phone, computer or tablet) to do this qualification.

LEARNING OUTCOMES

On achieving this qualification, you will be able to:

- + Demonstrate knowledge of the fitness environment and the context in which physical activity takes place.
- + Conduct and interpret pre-participation screening for physical activity readiness.
- + Assess, evaluate and monitor health related fitness components.
- + Feedback and refer as it relates to physical activity.
- + Design, demonstrate and lead exercise programmes.
- + Implement, monitor and modify exercise programmes.
- + Motivate and support fitness participants in making activity related and wellness decisions.
- + Demonstrate entrepreneurial, administration and business skills.
- + Project and conduct oneself in a professional manner.

COURSE DURATION

This is a 1-year programme

ON OFFER

QUALIFICATIONS

NATIONAL DIPLOMA: FITNESS (Two-years)

National Diploma Fitness: NQF Level 5; 245 Credits

The National Diploma: Fitness (NDF) is a full qualification that equips you to apply your knowledge about sport conditioning to the design and implementation of physical fitness programmes. Through your training in the Diploma you will be capable of applying physical fitness training protocols that comply with the relevant physiological principles of training. In addition, you will be able to integrate fitness, skills, tactics and nutrition into a planned programme. The inclusion of these electives together with the advanced module in lifestyle change and personal development will provide you with the opportunity for specialisation and career growth.

Students may register for the National Diploma: Fitness without first enrolling in the National Certificate: Fitness. The two year NDF incorporates all of the NFC modules. Graduates of the NFC (or equivalent) could enter the Diploma programme in the second year.

REQUIREMENTS

You must hold a National Certificate in Fitness qualification (NQF 5) and a valid First Aid Certificate. It is important to note that the course will be facilitated and assessed in English. Students will need access to a stable internet connection and a smart device (such as phone, computer or tablet) to do this qualification.

LEARNING OUTCOMES

On achieving this qualification, you will be able to:

- + Demonstrate knowledge of the fitness environment and the context in which physical activity takes place.
- + Conduct and interpret pre-participation screening for physical activity readiness.
- + Assess, evaluate and monitor health related fitness components, and/or, components related to sports performance.
- + Feedback and refer as it relates to physical activity and/or to athletic performance.
- + Design and demonstrate exercise and/or sports conditioning programmes.
- + Implement, monitor and modify exercise programmes.
- + Motivate and support participants in making activity related and or wellness decisions and or sports performance related decisions.
- + Demonstrate entrepreneurial, administration and business skills as well as the ability to incorporate IT technology.
- + Demonstrate ability to discern the quality and validity of research information.
- + Manage, project and conduct oneself in a professional manner.

COURSE DURATION

This is a 2-year programme.





COURSE METHODOLOGY

Lecturers are experienced subject matter experts that are currently working in their respective fields.

There is a focus on practical knowledge and skills to ensure that you are fully prepared to enter directly into your chosen profession. All practical work and workplace experience is carried out at the SSISA.

Assessments are conducted directly after the respective modules to ensure you are monitored regularly and support can be given should the need arise.

QUALIFICATION MODULES



[Click here for 2027 fee
schedule](#)

NATIONAL CERTIFICATE: FITNESS

- 1 Business communication skills
- 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 To Music in Resistance Training, Step and Indoor cycling
- 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

NATIONAL DIPLOMA: FITNESS

- 1 Business communication skills
- 2 Research techniques and analysis
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- 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:
 - Soccer specific case studies
- 35 Sport specific conditioning:
 - Sport specific conditioning cricket
 - Sport specific conditioning cycling
 - Sport specific conditioning rugby
 - Sport specific conditioning swimming
- 36 Management of sports injuries and health conditions
- 37 Sport nutrition and ergogenic aids
- 38 Personal development
- 39 Strategies for lifestyle change

