

## **The Association**

The IFBB Academy Central and Southern Africa has taken hands with XFE Academy (Xtyle Fitness and Entertainment Academy) who is accredited by the required South African local governing bodies REPSSA AND Cathsseta.

If you are interested or require this accreditation in South Africa, please contact us direct for guidance and how you can qualify. [wayne@gentlegiantpromotions.com](mailto:wayne@gentlegiantpromotions.com) or [michelle@gentlegiantpromotions.com](mailto:michelle@gentlegiantpromotions.com)

## **What and Who is Cathsseta and REPSSA?**

- Cathsseta (The Culture, Art, Tourism, Hospitality, and Sport Sector Education and Training Authority)
- REPSSA (Registered Professional Body for the Fitness Industry)

The role of these government bodies are as follows:

### **Cathsseta:**

Cathsseta functions and responsibilities, as set out in Chapter 3, section 10 of the Skills Development Act, 1998, are to:

- Develop and implement a sector skills plan. The plan describes the trends in each sub-sector as well as the skills that are in demand. In addition, this plan identifies priorities for skills development.
- Support and administer learning programmes.
- Support the implementation of the National Qualifications Framework (NQF)
- Conduct quality assurance on learning in line with Quality Council for Trades and Occupations (QCTO) requirements.
- Undertake Quality Assurance.
- Cathsseta are governed by the Department of Higher Education and Training and are therefore required to report directly to the Minister as well as the Director-General of the Department of Higher Education and Training on the efficient and effective implementation of quality assurance.

### **REPSSA:**

REPSSA is the Registered Professional Body for the Fitness Industry which recognises qualifications and expertise.

All accredited Health and Fitness Educational Institutions must be registered with REPSSA for quality assurance. In order for an Educational Institution to become an accepted affiliate of REPSSA and be able to register their students as members, they must be accredited with CATHSSETA and follow the SAQA NQF or Higher level framework.

REPSSA ensure constant up skilling for/of Exercise Professionals. One of their key functions is to provide a system of regulation for instructors and trainers to ensure they meet the International health and fitness industry's standards.

These standards set an international benchmark.

REPSSA provides:

- Assurance and confidence to consumers, employers and Exercise Professionals that all registered Exercise Professionals are appropriately qualified and have the knowledge, competence and skills to perform specific roles.
- REPSSA members are acknowledged for their professionalism, their adherence to the industry's standards and their on-going education.
- REPSSA Members are bound by a Code of Ethical Conduct
- REPSSA members uphold appropriate insurance & First Aid.

In order to remain on the Register, members must continue to meet the standards that are set for their profession through Continual Professional Development (CPD)

REPSSA is operated by a [Board of governance](#).

The function of the Board is to ensure that strategic decisions are made and standards adhered to.