

NQF	CREDITS	COURSE TITLE	REGISTRATION (INCL)	2018	DEPOSIT 2018 (INCL)
CATHSSETA ACCREDITED QUALIFICATIONS					
Admission: NSC, GCSE or Equivalent (NSC > 30% and Eng >40%)			DISTANCE LEARNING		
5	137	National Certificate in Fitness	R 1 000	R 25 000	R 5 000
5	247	National Diploma in Fitness: Sport Conditioning	R 1 000	R 25 000	R 5 000
5	247	National Diploma in Fitness: Exercise Specialist	R 1 000	R 25 000	R 5 000
5	120	National Certificate in Coaching Science	R 1 000	R 25 000	R 5 000
5	236	National Diploma in Coaching Science	R 1 000	R 25 000	R 5 000
5	162	National Certificate in Sport Management	R 1 000	R 25 000	R 5 000
REPS	0	Lifestyle coaching	n/a	R 4 500	R 1 300
CATHSSETA SHORT COURSES					
Admission: ND: Fitness			DISTANCE LEARNING		
5	40	Sport conditioning and periodised training	n/a	R 12 000	R 3 600
5	20	Programme Design for Children	n/a	R 6 000	R 1 800
5	20	Programme Design for Older Adults	n/a	R 6 000	R 1 800
5	20	Programme Design for Pregnancy	n/a	R 6 000	R 1 800

Admission: NSC, GCSE or Equivalent (NSC > 30% and Eng >40%)			DISTANCE LEARNING		
5	86	Personal Trainer	R 1 000	R 12 000	R 4 000
Admission: NQF Level 3 Literacy and Numeracy			DISTANCE LEARNING		
4	28	Fitness Instructor (including exercise science)	n/a	R 7 000	R 2 500
4	15	Group Exercise Instructor (Aerobics, Step and Tone) (excluding exercise science)	n/a	R 4 500	R 1 300
4	15	Group Exercise Instructor (Indoor cycling) (excluding exercise science)	n/a	R 4 500	R 1 300
4	15	Group Exercise Instructor (Yoga) (excluding exercise science)	n/a	R 4 500	R 1 300
4	15	Group Exercise Instructor (Pilates mat) (excluding exercise science)	n/a	R 4 500	R 1 300
REPSSA SPECIALISATIONS					
These are certification programmes that are not credit bearing but are REPS aligned. These are also intended for the qualified practitioner.			DISTANCE LEARNING		
REPS	12 CPD	Sport Massage	n/a	R 6 000	R 2 500
REPS	12 CPD	Speed and agility	n/a	R 1 500	n/a
REPS	12 CPD	Kettlebell Coach	n/a	R 1 500	n/a
REPS	8 CPD	Primal Movement	n/a	R 1 500	n/a