

NQF	CREDITS	COURSE TITLE	REGISTRATION (INCL)	NEW 2018	DEPOSIT 2018 (INCL)
<b>CATHSSETA ACCREDITED   QUALIFICATIONS</b>					
<b>Admission: NSC, GCSE or Equivalent (NSC &gt; 30% and Eng &gt;40%)</b>			<b>FULL TIME CONTACT</b>		
5	137	National Certificate in Fitness	R 1 000	R 45 000	R 8 000
5	247	National Diploma in Fitness Sport Conditioning	R 1 000	R 45 000	R 8 000
5	247	National Diploma in Fitness Exercise Specialist	R 1 000	R 45 000	R 8 000
5	126	National Certificate in Sport Management	R 1 000	R 45 000	R 8 000
<b>CATHSSETA   SHORT COURSES</b>					
<b>Admission: ND: Fitness</b>			<b>PART TIME</b>		
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
<b>Admission: NSC, GCSE or Equivalent (NSC &gt; 30% and Eng &gt;40%)</b>			<b>PART TIME</b>		
5	86	Personal Trainer	R 1 000	R 12 000	R 3 000
REPS	0	Lifestyle coaching	n/a	R 4 500	R 1 300

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
<b>REPSSA   SPECIALISATIONS</b>					
<b>These are certification programmes that are not credit bearing but are REPS aligned. These are also intended for the qualified practitioner.</b>			<b>PART TIME OR ONLINE LEARNING</b>		
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
REPS	12 CPD	Combat Trainer	n/a	R 1 500	n/a
REPS	12 CPD	Olympic lifting	n/a	R 1 500	n/a
REPS	8 CPD	Suspension trainer	n/a	R 1 500	n/a