



# SHORT COURSE CALENDAR 2019

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**Please note: Dates and times are scheduled. All courses will be confirmed before start date.**

**Short courses require a minimum number of students to run. A course may be postponed due to insufficient numbers.**

# JOHANNESBURG

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
<b>Gun-Ex®</b>	<b>26 January</b>	January: 26, 27	09:00 – 14:00	Linksfeld	-	R3 000
	<b>6 April</b>	April: 6, 7	09:00 – 14:00	Linksfeld	-	
	<b>1 June</b>	June: 1, 2	09:00 – 14:00	Linksfeld	-	
	<b>21 September</b>	September: 21, 22	09:00 – 14:00	Linksfeld	-	
<b>ILS Coach 101 (Level 1)</b>	<b>26 January</b>	January: 26, 27	09:00 – 16:00	Rivonia	12 ICF Hours	R4 500
	<b>21 September</b>	September: 21, 22	09:00 – 16:00	Rivonia	12 ICF Hours	
<b>ILS Coach Qualification (Level 2)</b>	<b>5 February</b>	February: 5, 19 March: 5, 9, 10, 19 April: 2, 16 May: 11, 12	18:00 – 21:00	Rivonia	60 ICF Hours	R24 000 (Level 1 + 2 = R26 000)
	<b>1 October</b>	October: 1, 15, 29 November: 2, 3, 12, 26 December: 3, 7, 8	18:00 – 21:00	Rivonia	60 ICF Hours	
<b>Aqua Instructor</b>	<b>2 February</b>	February: 2, 3, 24 (exam)	09:00 – 14:00	Rivonia (day 1) Wahoo Aquatics Centre (day 2-3)	12 REPSSA CPD	R4 000
	<b>18 May</b>	May: 18,19 June: 9 (exam)	09:00 – 14:00	Rivonia (day 1) Wahoo Aquatics Centre (day 2-3)	12 REPSSA CPD	
	<b>31 August</b>	August: 31 September: 1,22(exam)	09:00 – 14:00	Rivonia (day 1) Wahoo Aquatics Centre (day 2-3)	12 REPSSA CPD	
<b>Studio Cycle Level 1</b>	<b>2 February</b>	February: 2, 3, 24 (exam)	09:00 – 14:00	Rivonia	8 REPSSA CPD	R3 000
	<b>16 March</b>	March: 16,17 April:6 (exam)	09:00 – 14:00	Rivonia	8 REPSSA CPD	
	<b>8 June</b>	June: 8, 9, 29(exam)	09:00 – 14:00	Rivonia	REPSSA CPD	
	<b>27 July</b>	July: 27, 28 August: 17(exam)	09:00 – 14:00	Rivonia	REPSSA CPD	
<b>Studio Cycle Level 2</b>	<b>30 March</b>	30 March	09:00 – 15:00	Rivonia	-	R2 000 (Level 1 + 2 = R4 500)
	<b>25 May</b>	25 May	09:00 – 15:00	Rivonia	-	
	<b>24 August</b>	24 August	09:00 – 15:00	Rivonia	-	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
<b>Group Exercise Instructor</b>	<b>2 February</b>	February: 2,3,9,10,16,17 March: 23 (exam)	09:00 – 14:00	Linksfeld	CATHSSETA NQF4 15 Credits	R7 000
	<b>4 May</b>	May: 4, 5, 11, 12, 18, 19 June: 29 (exam)	09:00 – 14:00	Linksfeld	CATHSSETA NQF4 15 Credits	
	<b>7 September</b>	September: 7,8,14,15,28,29 October: 26	09:00 – 14:00	Linksfeld	CATHSSETA NQF4 15 Credits	
<b>Sports Massage</b>	<b>7 February</b>	February: 7, 14, 21, 28 March: 7, 14, 28 April: 4(theory exam), 11(practical exam), 18 (supplementary)	18:00 – 21:00	Rivonia	20 REPSSA CPD	R7 000
	<b>6 June</b>	June: 6,13,20,27 July: 4,11,18, August: 1, (theory exam), 8 (practical exam), 15 (supplementary)	18:00 – 21:00	Rivonia	20 REPSSA CPD	
	<b>5 September</b>	September: 5,12,19,26 October: 3,10,17,31(theory exam) November: 7 (practical exam), 14 (supplementary)	18:00 – 21:00	Rivonia	20 REPSSA CPD	
<b>EMS License Trainer</b>	<b>9 February</b>	February: 9, 10	09:00 – 17:00	Linksfeld	12 REPSSA CPD	R3 700 (EMS + Fitness Instructor = R8 700)
	<b>18 May</b>	May: 18, 19	09:00 – 17:00	Linksfeld	12 REPSSA CPD	
	<b>31 August</b>	August: 31 September: 1	09:00 – 17:00	Linksfeld	12 REPSSA CPD	
<b>Pilates</b>	<b>16 February</b>	February: 16, 17, 23, 24 March: 2, 3, 23 (theory exam), 24 (practical exam)	09:00 – 14:00	Linksfeld	20 REPSSA CPD	R7 500
	<b>30 March</b>	March: 30, 31 April: 6, 7, 13, 14 May: 4 (theory exam), 5 (practical exam)	09:00 – 14:00	Linksfeld	20 REPSSA CPD	
	<b>1 June</b>	June: 1,2,8,9,22, 23 July: 13 (theory exam), 14 (practical exam)	09:00 – 14:00	Linksfeld	20 REPSSA CPD	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
	<b>28 September</b>	September: 28,29 October: 5,6,12,13 November: 2 (theory exam), 3 (practical exam)	09:00 – 14:00	Linksfeld	20 REPSSA CPD	
<b>Fitness Instructor Workshop</b>	<b>23 February</b>	February: 23	09:00 – 14:00	Rivonia	-	N/A
	<b>22 June</b>	June: 22	09:00 – 14:00	Rivonia	-	
	<b>26 October</b>	October: 26	09:00 – 14:00	Rivonia	-	
<b>Fighting FITT</b>	<b>23 February</b>	February: 23,24	09:00 – 14:00	Linksfeld	8 REPSSA CPD	R2 500
	<b>20 July</b>	July: 20, 21	09:00 – 14:00	Linksfeld	8 REPSSA CPD	
	<b>9 November</b>	November: 9,10	09:00 – 14:00	Linksfeld	8 REPSSA CPD	
<b>CPR</b>	<b>23 February</b>	February: 23	09:00 – 12:00	Rivonia	2 REPS CPD 3 HPCSA CEU	R400
	<b>18 May</b>	May: 18	09:00 – 12:00	Rivonia	2 REPS CPD 3 HPCSA CEU	
	<b>31 August</b>	August: 31	09:00 – 12:00	Rivonia	2 REPS CPD 3 HPCSA CEU	
	<b>30 November</b>	November: 30	09:00 – 12:00	Rivonia	2 REPS CPD 3 HPCSA CEU	
<b>Pre and Post Natal</b>	<b>2 March</b>	March: 2, 9	09:00 – 14:00	Rivonia	6 REPSSA CPD	R3 000
	<b>1 June</b>	June: 1, 8	09:00 – 14:00	Rivonia	6 REPSSA CPD	
	<b>28 September</b>	September: 28 October: 5	09:00 – 14:00	Rivonia	6 REPSSA CPD	
<b>HIIT Series</b>						R7 500
<b>Series 1:</b>						
<b>HIIT Instructor including HIIT Circuit Instructor</b>	<b>9 March</b>	March: 9, 10, 16, 30 (exam)	09:00 – 14:00	Linksfeld	-	R4 000
<b>Bootcamp</b>	<b>13 April</b>	April: 13, 14 (exam)	09:00 – 14:00	Linksfeld	-	R3 000
<b>Olympic Weight Lifting</b>	<b>11 May</b>	May: 11, 12, 18 (exam)	09:00 – 14:00	Linksfeld	-	R3 000
<b>Series 2:</b>						
<b>HIIT Instructor including HIIT Circuit Instructor</b>	<b>29 June</b>	June: 29,30 July:6,13(exam)	09:00 – 14:00	Linksfeld	-	R4 000
<b>Bootcamp</b>	<b>3 August</b>	August: 3, 4 (exam)	09:00 – 14:00	Linksfeld	-	R3 000
<b>Olympic Weight Lifting</b>	<b>17 August</b>	August: 17,18,24(exam)	09:00 – 14:00	Linksfeld	-	R3 000

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
	<b>Series 3:</b>					
<b>HIIT Instructor including HIIT Circuit Instructor</b>	<b>7 September</b>	September:7,8,14,21(exam)	09:00 – 14:00	Linksfeld	-	R4 000
<b>Bootcamp</b>	<b>19 October</b>	October: 19,20(exam)	09:00 – 14:00	Linksfeld	-	R3 000
<b>Olympic Weight Lifting</b>	<b>2 November</b>	November: 2,3,9(exam)	09:00 – 14:00	Linksfeld	-	R3 000
<b>Sports Conditioning</b>	<b>16 March</b>	March: 16, 17, 30, 31(exam)	09:00 – 14:00	Linksfeld	-	R3 000
	<b>18 May</b>	May: 18, 19, 25, 26(exam)	09:00 – 14:00	Linksfeld	-	
	<b>6 July</b>	July: 6,7,13,14(exam)	09:00 – 14:00	Linksfeld	-	
<b>Sports Strapping</b>	<b>16 March</b>	March: 16	09:00 – 16:00	Rivonia	3 REPSSA CPD	R2 500
	<b>8 June</b>	June: 8	09:00 – 16:00	Rivonia	3 REPSSA CPD	
	<b>12 October</b>	October: 12	09:00 – 16:00	Rivonia	3 REPSSA CPD	
<b>Yoga Essentials</b>	<b>30 March</b>	March: 30, 31 April: 6, 13	09:00 – 14:00	Rivonia	-	R4 500
	<b>6 July</b>	July: 6,7,13, 20	09:00 – 14:00	Rivonia	-	
	<b>2 November</b>	November: 2,3,9,16	09:00 – 14:00	Rivonia	-	
<b>Kids Development</b>	<b>18 May</b>	May: 18, 19	09:00 – 14:00	Rivonia	8 REPSSA CPD	R3 000
	<b>31 August</b>	August: 31 September: 1	09:00 – 14:00	Rivonia	8 REPSSA CPD	

# CAPE TOWN

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
<b>Gun-Ex®</b>	<b>2 February</b>	February: 2, 3	09:00 – 14:00	Cape Town	-	R3 000
	<b>13 May</b>	May: 13, 14	09:00 – 14:00	Cape Town	-	
	<b>27 July</b>	July: 27, 28	09:00 – 14:00	Cape Town	-	
	<b>28 September</b>	September: 28, 29	09:00 – 14:00	Cape Town	-	
	<b>2 November</b>	November: 2, 3	09:00 – 16:00	Cape Town	12 ICF Hours	
<b>Aqua Instructor</b>	<b>2 February</b>	February: 2, 3, 24 (exam)	09:00 – 14:00	Cape Town	12 REPSSA CPD	R4 000
	<b>18 May</b>	May: 18,19 June: 9 (exam)	09:00 – 14:00	Cape Town	12 REPSSA CPD	
	<b>31 August</b>	August: 31 September: 1,22(exam)	09:00 – 14:00	Cape Town	12 REPSSA CPD	
<b>Studio Cycle Level 1</b>	<b>2 February</b>	February: 2, 3, 24 (exam)	09:00 – 14:00	Cape Town	8 REPSSA CPD	R3 000
	<b>16 March</b>	March: 16,17 April:6 (exam)	09:00 – 14:00	Cape Town	8 REPSSA CPD	
	<b>8 June</b>	June: 8, 9, 29(exam)	09:00 – 14:00	Cape Town	REPSSA CPD	
	<b>27 July</b>	July: 27, 28 August: 17(exam)	09:00 – 14:00	Cape Town	REPSSA CPD	
<b>Studio Cycle Level 2</b>	<b>30 March</b>	30 March	09:00 – 15:00	Cape Town	-	R2 000 (Level 1 + 2 = R4 500)
	<b>25 May</b>	25 May	09:00 – 15:00	Cape Town	-	
	<b>24 August</b>	24 August	09:00 – 15:00	Cape Town	-	
<b>Group Exercise Instructor</b>	<b>2 February</b>	February: 2,3,9,10,16,17 March: 23 (exam)	09:00 – 14:00	Cape Town	CATHSSETA NQF4 15 Credits	R7 000
	<b>4 May</b>	May: 4, 5, 11, 12, 18, 19 June: 29 (exam)	09:00 – 14:00	Cape Town	CATHSSETA NQF4 15 Credits	
	<b>7 September</b>	September: 7,8,14,15,28,29 October: 26	09:00 – 14:00	Cape Town	CATHSSETA NQF4 15 Credits	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
<b>Sports Massage</b>	<b>7 February</b>	February: 7, 14, 21, 28 March: 7, 14, 28 April: 4(theory exam), 11(practical exam), 18 (supplementary)	18:00 – 21:00	Cape Town	20 REPSSA CPD	R7 000
	<b>6 June</b>	June: 6,13,20,27 July: 4,11,18, August: 1, (theory exam), 8 (practical exam), 15 (supplementary)	18:00 – 21:00	Cape Town	20 REPSSA CPD	
	<b>5 September</b>	September: 5,12,19,26 October: 3,10,17,31(theory exam) November: 7 (practical exam), 14 (supplementary)	18:00 – 21:00	Cape Town	20 REPSSA CPD	
<b>EMS License Trainer</b>	<b>9 February</b>	February: 9, 10	09:00 – 17:00	Cape Town	12 REPSSA CPD	R3 700 (EMS + Fitness Instructor = R8 700)
	<b>18 May</b>	May: 18, 19	09:00 – 17:00	Cape Town	12 REPSSA CPD	
	<b>31 August</b>	August: 31 September: 1	09:00 – 17:00	Cape Town	12 REPSSA CPD	
<b>Pilates</b>	<b>16 February</b>	February: 16, 17, 23, 24 March: 2, 3, 23 (theory exam), 24 (practical exam)	09:00 – 14:00	Cape Town	20 REPSSA CPD	R7 500
	<b>30 March</b>	March: 30, 31 April: 6, 7, 13, 14 May: 4 (theory exam), 5 (practical exam)	09:00 – 14:00	Cape Town	20 REPSSA CPD	
	<b>1 June</b>	June: 1,2,8,9,22, 23 July: 13 (theory exam), 14 (practical exam)	09:00 – 14:00	Cape Town	20 REPSSA CPD	
	<b>28 September</b>	September: 28,29 October: 5,6,12,13 November: 2 (theory exam), 3 (practical exam)	09:00 – 14:00	Cape Town	20 REPSSA CPD	
<b>Fitness Instructor Workshop</b>	<b>23 February</b>	February: 23	09:00 – 14:00	Cape Town	-	N/A
	<b>22 June</b>	June: 22	09:00 – 14:00	Cape Town	-	
	<b>26 October</b>	October: 26	09:00 – 14:00	Cape Town	-	
<b>Fighting FITT</b>	<b>23 February</b>	February: 23,24	09:00 – 14:00	Cape Town	8 REPSSA CPD	R2 500
	<b>20 July</b>	July: 20, 21	09:00 – 14:00	Cape Town	8 REPSSA CPD	
	<b>9 November</b>	November: 9,10	09:00 – 14:00	Cape Town	8 REPSSA CPD	



Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
CPR	23 February	February: 23	09:00 – 12:00	Cape Town	2 REPS CPD 3 HPCSA CEU	R400
	18 May	May: 18	09:00 – 12:00	Cape Town	2 REPS CPD 3 HPCSA CEU	
	31 August	August: 31	09:00 – 12:00	Cape Town	2 REPS CPD 3 HPCSA CEU	
	30 November	November: 30	09:00 – 12:00	Cape Town	2 REPS CPD 3 HPCSA CEU	
Pre and Post Natal	2 March	March: 2, 9	09:00 – 14:00	Cape Town	6 REPSSA CPD	R3 000
	1 June	June: 1, 8	09:00 – 14:00	Cape Town	6 REPSSA CPD	
	28 September	September: 28 October: 5	09:00 – 14:00	Cape Town	6 REPSSA CPD	
<b>HIIT Series</b>						R7 500
<b>Series 1:</b>						
HIIT Instructor including HIIT Circuit Instructor	9 March	March: 9, 10, 16, 30 (exam)	09:00 – 14:00	Cape Town	-	R4 000
Bootcamp	13 April	April: 13, 14 (exam)	09:00 – 14:00	Cape Town	-	R3 000
Olympic Weight Lifting	11 May	May: 11, 12, 18 (exam)	09:00 – 14:00	Cape Town	-	R3 000
<b>Series 2:</b>						
HIIT Instructor including HIIT Circuit Instructor	29 June	June: 29,30 July:6,13(exam)	09:00 – 14:00	Cape Town	-	R4 000
Bootcamp	3 August	August: 3, 4 (exam)	09:00 – 14:00	Cape Town	-	R3 000
Olympic Weight Lifting	17 August	August: 17,18,24(exam)	09:00 – 14:00	Cape Town	-	R3 000
<b>Series 3:</b>						
HIIT Instructor including HIIT Circuit Instructor	7 September	September:7,8,14,21(exam)	09:00 – 14:00	Cape Town	-	R4 000
Bootcamp	19 October	October: 19,20(exam)	09:00 – 14:00	Cape Town	-	R3 000
Olympic Weight Lifting	2 November	November: 2,3,9(exam)	09:00 – 14:00	Cape Town	-	R3 000
Sports Conditioning	16 March	March: 16, 17, 30, 31(exam)	09:00 – 14:00	Cape Town	-	R3 000
	18 May	May: 18, 19, 25, 26(exam)	09:00 – 14:00	Cape Town	-	
	6 July	July: 6,7,13,14(exam)	09:00 – 14:00	Cape Town	-	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Yoga Essentials	30 March	March: 30, 31 April: 6, 13	09:00 – 14:00	Cape Town	-	R4 500
	6 July	July: 6,7,13, 20	09:00 – 14:00	Cape Town	-	
	2 November	November: 2,3,9,16	09:00 – 14:00	Cape Town	-	
Kids Development	18 May	May: 18, 19	09:00 – 14:00	Cape Town	8 REPSSA CPD	R3 000
	31 August	August: 31 September: 1	09:00 – 14:00	Cape Town	8 REPSSA CPD	

# DURBAN

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Aqua Instructor	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Durban	12 REPSSA CPD	R4 000
	18 May	May: 18,19 June: 9 (exam)	09:00 – 14:00	Durban	12 REPSSA CPD	
	31 August	August: 31 September: 1,22(exam)	09:00 – 14:00	Durban	12 REPSSA CPD	
Studio Cycle Level 1	2 February	February: 2, 3, 24 (exam)	09:00 – 14:00	Durban	8 REPSSA CPD	R3 000
	16 March	March: 16,17 April:6 (exam)	09:00 – 14:00	Durban	8 REPSSA CPD	
	8 June	June: 8, 9, 29(exam)	09:00 – 14:00	Durban	REPSSA CPD	
	27 July	July: 27, 28 August: 17(exam)	09:00 – 14:00	Durban	REPSSA CPD	
Studio Cycle Level 2	30 March	30 March	09:00 – 15:00	Durban	-	R2 000 (Level 1 + 2 = R4 500)
	25 May	25 May	09:00 – 15:00	Durban	-	
	24 August	24 August	09:00 – 15:00	Durban	-	
Gun-Ex®	23 February	February: 23, 24	09:00 – 14:00	Durban	-	R3 000
	12 October	October: 12, 13	09:00 – 14:00	Durban	-	
Group Exercise Instructor	2 February	February: 2,3,9,10,16,17 March: 23 (exam)	09:00 – 14:00	Durban	CATHSSETA NQF4 15 Credits	R7 000
	4 May	May: 4, 5, 11, 12, 18, 19 June: 29 (exam)	09:00 – 14:00	Durban	CATHSSETA NQF4 15 Credits	
	7 September	September: 7,8,14,15,28,29 October: 26	09:00 – 14:00	Durban	CATHSSETA NQF4 15 Credits	
Sports Massage	7 February	February: 7, 14, 21, 28 March: 7, 14, 28 April: 4(theory exam), 11(practical exam), 18 (supplementary)	18:00 – 21:00	Durban	20 REPSSA CPD	R7 000

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
	<b>6 June</b>	June: 6,13,20,27 July: 4,11,18, August: 1, (theory exam), 8 (practical exam), 15 (supplementary)	18:00 – 21:00	Durban	20 REPSSA CPD	
	<b>5 September</b>	September: 5,12,19,26 October: 3,10,17,31(theory exam) November: 7 (practical exam), 14 (supplementary)	18:00 – 21:00	Durban	20 REPSSA CPD	
<b>Pilates</b>	<b>16 February</b>	February: 16, 17, 23, 24 March: 2, 3, 23 (theory exam), 24 (practical exam)	09:00 – 14:00	Durban	20 REPSSA CPD	R7 500
	<b>30 March</b>	March: 30, 31 April: 6, 7, 13, 14 May: 4 (theory exam), 5 (practical exam)	09:00 – 14:00	Durban	20 REPSSA CPD	
	<b>1 June</b>	June: 1,2,8,9,22, 23 July: 13 (theory exam), 14 (practical exam)	09:00 – 14:00	Durban	20 REPSSA CPD	
	<b>28 September</b>	September: 28,29 October: 5,6,12,13 November: 2 (theory exam), 3 (practical exam)	09:00 – 14:00	Durban	20 REPSSA CPD	
<b>Fitness Instructor Workshop</b>	<b>23 February</b>	February: 23	09:00 – 14:00	Durban	-	N/A
	<b>22 June</b>	June: 22	09:00 – 14:00	Durban	-	
	<b>26 October</b>	October: 26	09:00 – 14:00	Durban	-	
<b>Fighting FITT</b>	<b>23 February</b>	February: 23,24	09:00 – 14:00	Durban	8 REPSSA CPD	R2 500
	<b>20 July</b>	July: 20, 21	09:00 – 14:00	Durban	8 REPSSA CPD	
	<b>9 November</b>	November: 9,10	09:00 – 14:00	Durban	8 REPSSA CPD	
<b>CPR</b>	<b>23 February</b>	February: 23	09:00 – 12:00	Durban	2 REPS CPD 3 HPCSA CEU	R400
	<b>18 May</b>	May: 18	09:00 – 12:00	Durban	2 REPS CPD 3 HPCSA CEU	
	<b>31 August</b>	August: 31	09:00 – 12:00	Durban	2 REPS CPD 3 HPCSA CEU	
	<b>30 November</b>	November: 30	09:00 – 12:00	Durban	2 REPS CPD 3 HPCSA CEU	

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
Pre and Post Natal	2 March	March: 2, 9	09:00 – 14:00	Durban	6 REPSSA CPD	R3 000
	1 June	June: 1, 8	09:00 – 14:00	Durban	6 REPSSA CPD	
	28 September	September: 28 October: 5	09:00 – 14:00	Durban	6 REPSSA CPD	
HIIT Series						R7 500
Series 1:						
HIIT Instructor including HIIT Circuit Instructor	9 March	March: 9, 10, 16, 30 (exam)	09:00 – 14:00	Durban	-	R4 000
Bootcamp	13 April	April: 13, 14 (exam)	09:00 – 14:00	Durban	-	R3 000
Olympic Weight Lifting	11 May	May: 11, 12, 18 (exam)	09:00 – 14:00	Durban	-	R3 000
Series 2:						
HIIT Instructor including HIIT Circuit Instructor	29 June	June: 29,30 July:6,13(exam)	09:00 – 14:00	Durban	-	R4 000
Bootcamp	3 August	August: 3, 4 (exam)	09:00 – 14:00	Durban	-	R3 000
Olympic Weight Lifting	17 August	August: 17,18,24(exam)	09:00 – 14:00	Durban	-	R3 000
Series 3:						
HIIT Instructor including HIIT Circuit Instructor	7 September	September:7,8,14,21(exam)	09:00 – 14:00	Durban	-	R4 000
Bootcamp	19 October	October: 19,20(exam)	09:00 – 14:00	Durban	-	R3 000
Olympic Weight Lifting	2 November	November: 2,3,9(exam)	09:00 – 14:00	Durban	-	R3 000
Sports Conditioning	16 March	March: 16, 17, 30, 31(exam)	09:00 – 14:00	Durban	-	R3 000
	18 May	May: 18, 19, 25, 26(exam)	09:00 – 14:00	Durban	-	
	6 July	July: 6,7,13,14(exam)	09:00 – 14:00	Durban	-	
Yoga Essentials	30 March	March: 30, 31 April: 6, 13	09:00 – 14:00	Durban	-	R4 500
	6 July	July: 6,7,13, 20	09:00 – 14:00	Durban	-	
	2 November	November: 2,3,9,16	09:00 – 14:00	Durban	-	
Kids Development	18 May	May: 18, 19	09:00 – 14:00	Durban	8 REPSSA CPD	R3 000
	31 August	August: 31 September: 1	09:00 – 14:00	Durban	8 REPSSA CPD	

# PORT ELIZABETH

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
<b>Aqua Instructor</b>	<b>2 February</b>	February: 2, 3, 24 (exam)	09:00 – 14:00	Port Elizabeth	12 REPSSA CPD	R4 000
	<b>18 May</b>	May: 18,19 June: 9 (exam)	09:00 – 14:00	Port Elizabeth	12 REPSSA CPD	
	<b>31 August</b>	August: 31 September: 1,22(exam)	09:00 – 14:00	Port Elizabeth	12 REPSSA CPD	
<b>Studio Cycle Level 1</b>	<b>2 February</b>	February: 2, 3, 24 (exam)	09:00 – 14:00	Port Elizabeth	8 REPSSA CPD	R3 000
	<b>16 March</b>	March: 16,17 April:6 (exam)	09:00 – 14:00	Port Elizabeth	8 REPSSA CPD	
	<b>8 June</b>	June: 8, 9, 29(exam)	09:00 – 14:00	Port Elizabeth	REPSSA CPD	
	<b>27 July</b>	July: 27, 28 August: 17(exam)	09:00 – 14:00	Port Elizabeth	REPSSA CPD	
<b>Studio Cycle Level 2</b>	<b>30 March</b>	30 March	09:00 – 15:00	Port Elizabeth	-	R2 000 (Level 1 + 2 = R4 500)
	<b>25 May</b>	25 May	09:00 – 15:00	Port Elizabeth	-	
	<b>24 August</b>	24 August	09:00 – 15:00	Port Elizabeth	-	
<b>Group Exercise Instructor</b>	<b>2 February</b>	February: 2,3,9,10,16,17 March: 23 (exam)	09:00 – 14:00	Port Elizabeth	CATHSSETA NQF4 15 Credits	R7 000
	<b>4 May</b>	May: 4, 5, 11, 12, 18, 19 June: 29 (exam)	09:00 – 14:00	Port Elizabeth	CATHSSETA NQF4 15 Credits	
	<b>7 September</b>	September: 7,8,14,15,28,29 October: 26	09:00 – 14:00	Port Elizabeth	CATHSSETA NQF4 15 Credits	
<b>Sports Massage</b>	<b>7 February</b>	February: 7, 14, 21, 28 March: 7, 14, 28 April: 4(theory exam), 11(practical exam), 18 (supplementary)	18:00 – 21:00	Port Elizabeth	20 REPSSA CPD	R7 000

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
	<b>6 June</b>	June: 6,13,20,27 July: 4,11,18, August: 1, (theory exam), 8 (practical exam), 15 (supplementary)	18:00 – 21:00	Port Elizabeth	20 REPSSA CPD	
	<b>5 September</b>	September: 5,12,19,26 October: 3,10,17,31(theory exam) November: 7 (practical exam), 14 (supplementary)	18:00 – 21:00	Port Elizabeth	20 REPSSA CPD	
<b>Pilates</b>	<b>16 February</b>	February: 16, 17, 23, 24 March: 2, 3, 23 (theory exam), 24 (practical exam)	09:00 – 14:00	Port Elizabeth	20 REPSSA CPD	R7 500
	<b>30 March</b>	March: 30, 31 April: 6, 7, 13, 14 May: 4 (theory exam), 5 (practical exam)	09:00 – 14:00	Port Elizabeth	20 REPSSA CPD	
	<b>1 June</b>	June: 1,2,8,9,22, 23 July: 13 (theory exam), 14 (practical exam)	09:00 – 14:00	Port Elizabeth	20 REPSSA CPD	
	<b>28 September</b>	September: 28,29 October: 5,6,12,13 November: 2 (theory exam), 3 (practical exam)	09:00 – 14:00	Port Elizabeth	20 REPSSA CPD	
<b>Fitness Instructor Workshop</b>	<b>23 February</b>	February: 23	09:00 – 14:00	Port Elizabeth	-	N/A
	<b>22 June</b>	June: 22	09:00 – 14:00	Port Elizabeth	-	
	<b>26 October</b>	October: 26	09:00 – 14:00	Port Elizabeth	-	
<b>Gun-Ex®</b>	<b>2 March</b>	March: 2, 3	09:00 – 14:00	Port Elizabeth	-	R3 000
<b>HIIT Series</b>						R7 500
	<b>Series 1:</b>					
<b>HIIT Instructor including HIIT Circuit Instructor</b>	<b>9 March</b>	March: 9, 10, 16, 30 (exam)	09:00 – 14:00	Port Elizabeth	-	R4 000
<b>Bootcamp</b>	<b>13 April</b>	April: 13, 14 (exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
<b>Olympic Weight Lifting</b>	<b>11 May</b>	May: 11, 12, 18 (exam)	09:00 – 14:00	Port Elizabeth	-	R3 000

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
<b>Series 2:</b>						
<b>HIIT Instructor including HIIT Circuit Instructor</b>	<b>29 June</b>	June: 29,30 July:6,13(exam)	09:00 – 14:00	Port Elizabeth	-	R4 000
<b>Bootcamp</b>	<b>3 August</b>	August: 3, 4 (exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
<b>Olympic Weight Lifting</b>	<b>17 August</b>	August: 17,18,24(exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
<b>Series 3:</b>						
<b>HIIT Instructor including HIIT Circuit Instructor</b>	<b>7 September</b>	September:7,8,14,21(exam)	09:00 – 14:00	Port Elizabeth	-	R4 000
<b>Bootcamp</b>	<b>19 October</b>	October: 19,20(exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
<b>Olympic Weight Lifting</b>	<b>2 November</b>	November: 2,3,9(exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
<b>Sports Conditioning</b>	<b>16 March</b>	March: 16, 17, 30, 31(exam)	09:00 – 14:00	Port Elizabeth	-	R3 000
	<b>18 May</b>	May: 18, 19, 25, 26(exam)	09:00 – 14:00	Port Elizabeth	-	
	<b>6 July</b>	July: 6,7,13,14(exam)	09:00 – 14:00	Port Elizabeth	-	
<b>Yoga Essentials</b>	<b>30 March</b>	March: 30, 31 April: 6, 13	09:00 – 14:00	Port Elizabeth	-	R4 500
	<b>6 July</b>	July: 6,7,13, 20	09:00 – 14:00	Port Elizabeth	-	
	<b>2 November</b>	November: 2,3,9,16	09:00 – 14:00	Port Elizabeth	-	
<b>Kids Development</b>	<b>18 May</b>	May: 18, 19	09:00 – 14:00	Port Elizabeth	8 REPSSA CPD	R3 000
	<b>31 August</b>	August: 31 September: 1	09:00 – 14:00	Port Elizabeth	8 REPSSA CPD	



# HOME STUDY COURSES

## WITH ONLINE CONTACT

Course	Start Date	Course Dates	Times	Venue	CPD Points	Fees
<b>ILS Coach 101 (Level 1)</b>	<b>14 May</b>	May: 14, 16, 21, 23	09:00 – 16:00	Online - Platform is Zoom.com	12 ICF Hours	R4 500
<b>ILS Coach Qualification (Level 2)</b>	<b>28 May</b>	May: 28, 30 June: 4, 6, 11, 25 July: 9, 23 August: 6, 20 September: 3, 5, 10, 12	18:00 – 21:00	Online - Platform is Zoom.com	60 ICF Hours	R24 000  (Level 1 + 2 = R26 000)
<b>Applied Sports Psychology</b>	<b>5 February</b>	February: 5, 12, 26 March: 12, 26	tbc	Online - Skype sessions	20 REPSSA CPD	R6 000
	<b>4 June</b>	June: 4,11,25 July: 9,23	tbc	Online - Skype sessions	REPSSA CPD	
	<b>1 October</b>	October: 1, 8, 22 November: 5, 19	tbc	Online - Skype sessions	REPSSA CPD	

# ONLINE COURSES

## ANYTIME STUDY

Course	CPD Points	Fees
<b>Fitness Instructor</b>	NQF4 38 CREDITS	R5 000
<b>Injury Prevention Specialist</b>	20 REPSSA CPD	R3 000
<b>Posture Specialist</b>	20 REPSSA CPD	R3 000
<b>Introduction to Exercise Science</b>	20 REPSSA CPD	R2 500
<b>Cancer Management</b>	-	R1 800
<b>Latinix</b>	12 REPSSA CPD	R3 000
<b>Essentials of Nutrition</b>	6 REPSSA CPD	R1 900
<b>Sports Nutrition</b>	6 REPSSA CPD	R2 500
<b>Weight Management</b>	20 REPSSA CPD	R3 000
<b>Vegetarian Sports Nutrition</b>	-	R1 900
<b>Nutrition Advisor</b> -Essentials of Nutrition -Sports Nutrition -Weight Management Coach -Vegetarian Sports Nutrition	32 REPSSA CPD 21 Credits	R6 500
<b>HiiT ADVANTAGE</b>	8 REPSSA CPD	R2 000
<b>Functional Training: Introduction and Sport Specific</b>	8 REPSSA CPD	R2 000
<b>Entrepreneurship for Fitness Professionals</b>	8 REPSSA CPD	R2 800
<b>Performaball</b>	-	All levels combined: R6 000 Level 1 to 3: R2 200 Level 4 to 6: R3 500 Individual levels: R1 500
<b>Strength Training for Fat Loss</b>	-	R1 900
<b>Brain Fitness - Mind Power</b>	-	R8 500
<b>Limitless You</b>	10 REPSSA CPD	R6 500
<b>Sport Facility Management</b>	12 Credits	R2 000
<b>Sport Marketing and Event Management</b>	23 Credits	R5 500
<b>Sports Administration</b>	30 Credits	R7 000

<b>Course</b>	<b>Association</b>	<b>CPD Points</b>	<b>Fees</b>
<b>Advanced Training Specialist</b>	Pinnacle	20 REPSSA CPD	R4 000
<b>Foundations of Periodization Training</b>	Pinnacle	5 REPSSA CPD	R950
<b>Human Movement Analysis</b>	Pinnacle	5 REPSSA CPD	R950
<b>Integrative Training</b>	Pinnacle	5 REPSSA CPD	R950
<b>Understanding Common Movement Dysfunctions</b>	Pinnacle	5 REPSSA CPD	R950
<b>Understanding Human Movement</b>	Pinnacle	5 REPSSA CPD	R1 100
<b>Back Stability: Integrating Science and Therapy™</b>	American Academy	20 CEC CREDITS	R3 500
<b>Cancer and The Older Adult™</b>	American Academy	4 CEC CREDITS	R1 500
<b>Developing Agility and Quickness for Sport Performance™</b>	American Academy	5 CEC CREDITS	R2 500
<b>Exercise and Cancer Survivorship™</b>	American Academy	11 CEC CREDITS	R2 500
<b>Fitness Assessment and Exercise Prescription for All Ages™</b>	American Academy	20 CEC CREDITS	R3 500
<b>Jrfit Youth Fitness Programme</b>	American Academy	20 CEC CREDITS	R4 500
<b>Srfit Mature Fitness Programme</b>	American Academy	20 CEC CREDITS	R4 500
<b>Nutrition for Special Dietary Needs™</b>	American Academy	10 CEC CREDITS	R2 500
<b>Strength Training Older Adults™</b>	American Academy	12 CEC CREDITS	R2 500
<b>The Janda System of Evaluation and Treatment of Muscle</b>	American Academy	20 CEC CREDITS	R3 500
<b>Advanced Exercise Science</b>	University of Pretoria	5 HPCSA CPD	R13 200
<b>Introduction to Neuroscience Coaching</b>	University of Pretoria	5 HPCSA CPD	R5 170
<b>Neurosciences: Visual Skills Testing and Training</b>	University of Pretoria	5 HPCSA CPD	R10 500