



International

2016 Courses Spectrum



Main Qualifications
eLearning Short Courses
Lectured Short Courses



Main Qualifications

Main Qualifications

Course	Duration	Fees*
Personal Trainer/ Higher Certificate in Exercise Science (NQF Level 5) FULL TIME	12 months	**R36 800
Personal Trainer/ Higher Certificate in Exercise Science (NQF Level 5) PART TIME	6 – 12 months	**R24 750
National Certificate in Fitness (NQF Level 5) BLENDED-LEARNING	Max 12 months	**R16 500
National Certificate in Fitness (NQF Level 5) eLEARNING	Max 12 months	**R14 500
National Certificate in Fitness (NQF Level 5) PART TIME	Max 12 months	**R22 500
Exercise Specialist/ Advanced Certificate in Exercise Science (NQF Level 6) FULL TIME	12 months	**R36 550
Exercise Specialist/ Advanced Certificate in Exercise Science (NQF Level 6) SEMI FULL TIME	12 months	**R28 500
Exercise Specialist/ Advanced Certificate in Exercise Science (NQF Level 6) PART TIME	6 – 12 months	**R24 750
Exercise Specialist/ Advanced Certificate in Exercise Science (NQF Level 6) BLENDED-LEARNING	Max 12 months	**R15 250
Fully Comprehensive Pilates Instructors Course (in association with PilatesHere) (NQF Level 5)	8 months	R26 500
Pilates Instructors Course Mat Only (in association with PilatesHere) (NQF Level 5)	8 months	R15 500
Pilates Instructors Course Equipment Follow-up (in association with PilatesHere) (NQF Level 5)	8 months	R18 550
Pilates Instructors Course Equipment Stand Alone (in association with PilatesHere) (NQF Level 5)	8 months	R17 175
Yoga Alliance Teacher Trainer Course	5 months	R15 000

Please Note:

* Payment options not shown

**Course pack (printed books & equipment) & exam fees included for full-time & part-time Personal Trainer & Exercise Specialist, REPS registration charged separately

***Exam fees included for blended-learning & e-learning Personal Trainer & Exercise Specialist, course pack (printed books & equipment) & REPS registration charged separately



eLEARNING Short Courses

eLearning Short Courses

Course	CPDs	Duration	Fees*
Journal Club	2	2 hours	R 300
Coaching Science	20	3 – 6 months	R2 500
Introduction to Exercise Science	n/a	3 - 6 months	R2 200
Fitness Instructor	n/a	6 months	R5 500
Applied Sports Psychology (ASP1)	20	10 weeks	R5 000
Essentials of Nutrition	6	3 months	R2 500
Essentials of Sports Nutrition	6	3 months	R2 500
Weight Management Coach	20	3 months	R3 000
Nutrition Package 1 (Essentials of Nutrition, Sports Nutrition & Weight Management)	32	9 months	R7 000
Nutrition Package 2 (Essentials of Nutrition & Sports Nutrition)	26	6 months	R4 500
Nutrition Package 3 (Essentials of Nutrition & Weight Management)	12	6 months	R5 000
Cancer Management through Exercise & Nutrition	n/a	6 months	R1 800
Synergy of Human Movement	20	6 months	R4 000
Posture Specialist	20	6 months	R2 500
Exercise Management of Chronic Diseases and Disabilities For All Ages™	n/a	6 months	R3 500
Fitness Assessment and Exercise Prescription For All Ages™	n/a	6 months	R3 500
JrFit™ Youth Fitness Specialty Certification	n/a	6 months	R4 000
SrFit™ Mature Fitness Specialty Certification	n/a	6 months	R4 000
Nutrition for Special Dietary Needs™	n/a	6 months	R2 500
Cancer and Older Adult™	n/a	6 months	R1 800
Back Stability: Integrating Science and Therapy™	n/a	6 months	R3 500
Janda System of Evaluation and Treatment of Muscles Imbalance™	n/a	6 months	R3 500

*Please Note: Fees shown do not include penalty fees (i.e. failing of an exam or applying for an extension)

More online HFPA approved courses can be viewed on our website www.hfpa.co.za



International

Lectured Short Courses

Fitness Courses							
Course	CPDs	Venues			Duration	Times	Fees
Group Fitness Instructor	20	Rivonia,	Cape Town	Durban	6 half days	09:00 – 14:00	R5 000 <small>prac only</small> R6 000 <small>incl. Intro to Ex Sci</small>
		1 Jan 30 – 31; Feb 7, 13 – 14, 28; Mar 6 (exam)	Feb 13,20,27; Mar 5,12,19,26; Apr 2(exam)	Feb 27-28; Mar 12-13,19-20; Apr 2-3(exam)			
		2 May 22, 28; Jun 4 -5, 12, 26; Jul 10 (exam)	Jun 4,11,18,25 July 2,9,16,23 (exam)	Sept 17 – 18, 24 – 25; Oct 1-2, 23 (exam)			
		3 Sept 10-11, 17-18, 24-25; Oct 16 Oct (exam)	Sept 10-11, 17-18, 24-25; Oct 16 Oct (exam)	-			
Aqua Instructor	-	Rivonia	Cape Town	Durban	3 full days	08:00 – 16:00	R3 500 <small>prac only</small> R4 500 <small>incl. Intro to Ex Sci</small>
		1 Apr 16, 17, 24	Apr 16, 23, 30	May 14, 15, 21			
		2 Sept 24, 25; Oct 2	Sept 24; Oct 1, 8	-			
Kettlebell Bootcamp Instructor	8	Rivonia, Cape Town		Durban	1 full day	08:00 – 16:00	R1 800
		1 Feb 27		Mar 12	<i>DBN Tue & Thurs evening</i>	<i>17:00 -21:00</i>	
		2 May 7		Aug 23, 24			
		3 Aug 27		Nov 8, 10			
		4 Nov 12		-			
Studio Cycle Instructor	8	Rivonia	Cape Town	Durban	2 half days	09:00 – 14:00	R2 500 <small>prac only</small> R3 500 <small>incl. Intro to Ex Sci</small>
		1 Feb 27 – 28; Mar 13 (exam)	Feb 27 – 28; Mar 5 (exam)	Apr 23 – 24; May 1 (exam)			
		2 Jun 11 – 12, 26 (exam)	Jun 11 – 12, 18 (exam)	Jun 5 – 6, 19 (exam)			
		3 Sept 3 – 4, 18 (exam)	Sept 3 – 4, 10 (exam)	Oct 29 – 30; Nov 13 (exam)			
		4 Nov 5-6, 27 (exam)	Nov 5-6, 12 (exam)	-			

Please Note: Times may differ per region; Fees shown do not include penalty fees (i.e. failing of an exam or applying for an extension)

Sport Courses

Course	CPDs	Venues					Duration	Times	Fees		
Sports Massage	20	Rivonia, Lichtenburg		Cape Town		Durban		6 – 8 Weekday Evenings	Times differ per region. Please enquire.	R6 500 <small>prac only</small> R7 500 <small>incl. Intro to Ex Sci</small>	
		1	Feb 25; Mar 3, 10, 17, 31, Apr 14, 21, May 12 (exam)		Feb 24; Mar 2, 9, 16, 23, 30; Apr 6; 14 (exam)		Apr 5, 7, 12, 14, 19, 21; May 3, 5(exam)				
		2	Jun 2, 9, 23, 30; Jul 7, 14, 21; Aug 4 (exam)		Jun 8, 15, 22, 29; Jul 6, 13,20,27 (exam)		Jun 15, 22, 29; Jul 6, 13, 20, 27; Aug 6 (exam)				
	3	Aug 18, 25; Sept 1, 8, 15; Oct 6, 13, 27 (exam)		Aug 24, 31; Sept 7, 14, 21, 28; Oct 5, 12(exam)		Sept 7, 14, 21, 28; Oct 5, 12, 19, 26 (exam)					
Applied Sports Psychology <small>(eLearning)</small>	-	Start date	Skype 1	Skype 2	Skype 3	Skype 4	10 weeks 4 Skype lectures	18:00 – 20:00	R5 000		
		1	Apr 11	Apr 19	May 10	May 24				Jun 14	
		2	Aug 16	Aug 30	Sept 20	Oct 11				Nov 8	
Sports Conditioning with SAQ	8	Bedfordview		Cape Town		Durban		2 half days	09:00 – 14:00	R2 500	
		1	Feb 20 - 21		April 9-10		May 14 - 15				
		2	May 7 - 8		May 7 - 8		Aug 27 - 28				
		3	Aug 13 - 14		Aug 6 – 7		-				
		4	Oct 29 – 30		Oct 29 – 30		-				

Please Note: Times may differ per region; Times may differ per region; Fees shown do not include penalty fees (i.e. failing of an exam or applying for an extension)

Lifestyle Courses: ILS Life Coaching

Course		Venues		Duration	Times	Fees		
Level 1: ILS 101		Rivonia		Cape Town		1 weekend (Saturday & Sunday)	9h00-16h00	R3 900
	1	Apr 23 - 24		Mar 5 - 6				
	2	June 4 - 5		Apr 2 - 3				
	3	Nov 26 - 27		-				
Level 2: ILS Coach Qualified		Rivonia		Cape Town		6 weekday evenings & 3 weekends	Weekdays: 18h00-21h00 Weekends: 9h00- 16h00	R22 000
	1	Feb 10, 24, 27, 28; Mar 2, 16; Apr 6, 20; May 21, 29		Apr 25; May 9, 21, 22, 23; Jun 6, 20, 24, 27; Jul 1				
	2	Jun 22, 29; Jul 13, 20; Aug 3, 17, 20, 21; Oct 15, 29		-				
Combined: Level 1 & 2		Rivonia		Cape Town		Runs over approx. 6 months	Weekdays: 18h00-21h00 Weekends: 9h00- 16h00	R24 900 SAVE R1 000
	1	Jan 30 - 31; Feb 10, 24, 27 - 28; Mar 2, 16; Apr 6, 20 Apr; May 21, 29		Apr 2, 3, 11, 25; May 9, 21, 22, 23; Jun 6, 20, 24; Jul 1				
	2	Jun 4 - 5; 22, 29; Jul 13, 20; Aug 3, 17, 20, 21; Oct 15, 29;		-				
	3	Apr 23-24; Jun 22, 29; Jul 13, 20; Aug 3, 17, 20, 21; Oct 15, 29		-				

Continuing Education Courses

Course	CPDs	Venues			Duration	Times	Fees	
Functional Training Specialist	20	Bedfordview, Ballito			3 full days	09:00 – 17:00	R4 000	
		1	Apr 2; 3 ; 9, 16 (exam)					
		2	Sept 3, 4, 10, 17 (exam)					
Fighting Fitt Instructor	8	Bedfordview, Cape Town		Durban	2 half days	09:00 – 14:00	R2 500	
		1	Mar 5 – 6	Apr 2 – 3				
		2	Jun 25 – 26	Sept 3 - 4				
		3	Sept 24 – 25	Nov 26 – 27				
	4	Nov 26 – 27	-					
Pilates ABCs & Intermediate	20	Rivonia	Cape Town	Durban	8 half days	09:00 – 14:00 (Sat)	R7 000	
		1	Feb 13-14, 20-21; Mar 5-6 ,12 (mock); Apr 10 (exam)	May 7,14,21,28 Jun 4,11,18 (Mock),25(exam)				Jul 2 ,3, 9, 10, 16,17, 30 (mock); Aug 13 (exam)
		2	Jul 23, 24, 30-31, Aug 13-14, 20 (mock), 27 (exam)	Jun 25-26; Jul 2-3, 16-17, 23 (mock); Aug 6 (exam)		-		
	3	Oct 8-9, 15-16; Nov 6, 13 , 19(mock), 26 (exam)	Oct 8-9, 15-16; Nov 5-6, 12 (mock), 26 (exam)	-				
Kids Development	8	Rivonia	Cape Town	Durban	2 half days	09:00 – 14:00	R2 500	
		1	Feb 6 – 7	Feb 6, 13				May 21 - 22
		2	May 28 - 29	May 28; June 4				Oct 15 - 16
		3	Aug 13 - 14	Aug 13, 20				-
	4	Oct 29 – 30	Oct 2; Nov 5	-				
Pre-Post Natal	6	Bedfordview,	Cape Town	Durban	2 half days	09:00 – 14:00	R2 500	
		1	Mar 12 – 13	Mar 12, 19				Jun 25 – 26
		2	Jun 11 – 12	Jun 11,18				Nov 20 – 21
		3	Aug 27 – 28	Aug 20,27				-
	4	Nov 5 – 6	-	-				
Yoga Muscles & Motion	20	Bedfordview	Cape Town	Durban	6 half days	09:30 – 14:30	R5 500	
		1	Feb 27; Mar 5, 12; Apr 16, 23; May 7	tbc				Apr 9, 10 16, 17, 23, 24
		2	Jul 16, 23, 30; Aug 13, 20; Sept 3, 17	tbc				-
	3	Oct 8, 15, 22, 29; Nov 12, 18, 26	tbc	-				

Please Note: Times may differ per region; Times may differ per region; Fees shown do not include penalty fees (i.e. failing of an exam or applying for an extension)

CPR

Course	CPDs	Venues			Duration	Times	Fees	
CPR	-		Rivonia	Cape Town	Durban	1 morning Saturday	09h00 – 12h00	R350*
		1	6 Feb	Tbc	Tbc			
		2	9 Apr	Tbc	16 Apr			
		3	7 May	Tbc	18 Jun			
		4	9 Jul	Tbc	20 Aug			
		5	27 Aug	Tbc	1 Oct			
		6	17 Sept	Tbc	19 Nov			
7	22 Oct	Tbc	Tbc					

Please Note: CPR Fees are subject to change and Times may differ per region