




Level 3 National Certificate in Fitness (Exercise Consultant)

This programme is eligible for Student Loans and Allowances. Students can apply directly to Studylink [www.studylink.govt.nz]. Please note: all prices are inclusive of GST.

Course Fees for the L3 Fitness programme:		\$ 2,950.25
This is broken down into the following:		
Module 1: Exercise Testing		\$661.77
Module 2: Exercise Programming		\$966.17
Module 3: Exercise Adherence		\$406.68
Module 4: Exercise Physiology		\$508.96
Module 5: Resistance Training		\$203.34
Module 6: Touring a Fitness Facility		\$203.34
Course-Related-Costs for the L3 Fitness programme		Max \$ 215.00
<p>You will need to have sourced the items below for use from Session #2 onwards.</p> <p>The following items can be sourced from a variety of retail organisations or online.</p> <p>Prices shown are indicative only.</p>		
<p>1. Heart Rate / Blood Pressure Monitor [\$110.00]</p> 	<p>2. Skinfold Callipers [\$75.00]</p> 	
<p>3. 1 Tape Measure [\$10.00]</p> 	<p>4. 1 Stopwatch [\$20.00]</p> 