

HEALTH AND FITNESS PROFESSIONALS ASSOCIATION

CERTIFICATES, DIPLOMAS, SHORT COURSES AND CONTINUED EDUCATION PROGRAM

DUBAI - 2011



COURSE	DATE	LOCATION	DAYS	TIME	CREDITS
DIPLOMA IN EXERCISE SCIENCE PART 1					
February - June / July-November. AED5500 + AED1500 (Course Pack) <i>Requirement: High School Certificate or basics of exercise science (see prospectus)</i> Tutors: Ryan, Dylan, Lynsey, Charlotte Combined 50 years experience	Course1: Feb 5th, 19th, March 5th, 19th, April 2nd, 16th, 30th, May 14th, 28th, June 11th Exam - June 25th	Green Community	Saturday	12.30 -5.30	16 CEC's 5 theory CEC's 11 Practical CEC's
	Course2: July 2nd, 9th, 23rd, August 6th, 20th, September 3rd, 17th, October 1st, 15th, 29th. Exam - November 12th	Green Community	Saturday	12.30 -5.30	16 CEC's 5 theory CEC's 11 Practical CEC's
DIPLOMA IN EXERCISE SCIENCE PART 2					
COURSE 1: January - June AED5500 + AED1500 (Course Pack) <i>Requirement: HFPA Part 1 or equivalent.</i> Tutors: Charlotte, Lynsey, Dylan, Ryan, James Combined 50 years experience	Jan 29th, Feb 12th, 26th, March 12th, 26th, April 9th, 23rd, May 7th, 21st, June 4th, Exam - June 25th	Green Community	Saturday	12.30 - 5:30	16 CEC's 5 theory CEC's 11 Practical CEC's
SHORT COURSES.					
BASIC EXERCISE SCIENCE AED2500 Tutor: Please consult Principal for help	Home study course			Home study	NONE
PILATES - LEVEL 1 Mat Work MODIFIED BEGINNER / BEGINNER AED3500 <i>Requirement: anatomy and physiology or basics of exercise science (see prospectus)</i> Tutor: Lynsey Fraser / Charlotte Mathers	Course 1 - Feb 11th, 18th, 25th, March 4th, 11th Exam March 18th.	Dubai Marina Core Studio Exam	Friday Saturday	13:30 - 18:30 2pm - 6pm	20 CEC's 5 theory CEC's 15 Practical CEC's
	Course 2 - Oct 1st, 8th, 15th 22nd, 29th Exam Nov 5th	Dubai Marina Core Studio	Friday	13:30 - 18:30	20 CEC's 5 theory CEC's 15 Practical CEC's
PILATES - LEVEL2 INTERMEDIATE MAT WORK AED3500 <i>Requirement: anatomy and physiology or basics of exercise science (see prospectus)</i> Tutor: Lynsey Fraser	Course 1 - March 25th, April 1st, 8th, 15th, 22nd Exam April 29th.	Dubai Marina Core Studio Exam	Friday	13:30 - 18:30	15 CEC's 2 theory CEC's 13 Practical CEC's
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GROUP FITNESS	Course 1- May 6th, 13th, 20th, 27th, June 3rd Exam June 10th	Dubai Marina	Friday	13:30 - 18:30	16 CEC's
AED2500 <i>Requirement: anatomy and physiology or basics of exercise science (see prospectus)</i> Tutor: Lynsey Fraser Sharon Morgan		Core Studio			5 theory CEC's 11 Practical CEC's
		Dubai Marina	Friday	13:30 - 18:30	16 CEC's 11 Practical CEC's
HEALTH AND FITNESS MANAGEMENT	Home study course	Home study			NONE
AED3500					
SPORTS NUTRITION	Home study course	Home study			12 CEC's 12 theory CEC's
AED2000 Tutor: Ryan Penny <i>Requirement: anatomy and physiology or basics of exercise science (see prospectus)</i> Tutor: Please consult Principal for help					
HEALTH AND FITNESS MANAGEMENT	Home study course	Home study			16 CEC's 16 theory CEC's
AED3500					

