HElLO THERE, OUr DREEm IS TO HEElp YOU mAKE gReAt hAPPEn

Take your fitness to the next level

The Novice Guide to Fitness is the ultimate program to learn fun new exercise techniques to improve your fitness levels. This program will teach you the basics of: Strength and Conditioning; Cardiovascular Training; Gym Programming; Exercise technique; Posture; Stretching; Nutrition. It is aimed at Fitness enthusiasts who want to take their Fitness to the next level, but are just unsure as what to do.

LOCATION/S
Mooloolaba

DURATION
Part time: 4 weeks / 1 day per week

WORKLOAD
Part time
1 day per week

LOCATION
Mooloolaba

DELIVERY
Classroom

Entry requirements
Not Applicable

Resources required
Uniform and Kit List: see attached document

What are my payment options?

No matter what your circumstances, TAFE Queensland East Coast has a payment option to suit you. If you are unsure of what’s right for you, call us on 1300 656 188. We’re here to help.

FULL FEE | $230
This is the total cost of the course.

Got a question?
Enquire about your full fee study options

ARE YOU READY TO TAKE

Accurate as at 22 December 2016. For the latest information see:
tafeeastcoast.edu.au/course/15581

RTO 0275
CRICOS 03020E
NACC00002 Novices Guide to Fitness

Job prospects
- Sportspersons

Units

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Disclaimer
Not all electives available at all campuses