



University of  
Limerick

# Certificate in Exercise & Health Fitness

Accredited by the University of Limerick



***This programme forms Stage 1 of the Diploma in Exercise & Health Fitness***

## Waterford Based Programmes of Study for 2011/2012

NCEF Programme	Venue	Days	Time	Provisional Start date	Finish
Waterford Weekend	The Kingfisher Club Tramore Road Waterford City	<i>(Alternating)</i> Friday evening Saturday Sunday	Fri: 7-10pm Saturday 9am-4pm <b>OR</b> Saturday 9am-4pm Sunday 9am-4pm	8 <sup>th</sup> October 2011	May 2012

### Waterford Weekend Programme of Study

This is a weekend programme. Sessions are structured to take place on Friday from 7pm-9pm and Saturday from 10am – 5.15pm on one weekend followed by Saturday and Sunday 9am-4pm the following weekend alternating for the programme duration.

All bank holidays are scheduled free and as far as possible every fourth weekend will also be free

### Programme Fees

**Course Fee:** The programme fee for 10/11 is €2565.00

**Easy payment scheme:** €975 non refundable deposit on acceptance to the programme.  
Balance of €1590 due at NCEF Head Office 1 week prior to programme commencement.

**Please note that once students commence the programme all fees paid are non refundable.**

### Application Procedure:

1. Application form and copy of the official Leaving Certificate Results or equivalent to NCEF Head Office (available online or on request)
2. For applicants that do not hold a leaving certificate or equivalent please submit a Portfolio of Learning (POL) with application form (POL's are available from NCEF Head Office on request. A cost of €125 applies to all Portfolio of Learning applicants however if successful this fee is then deducted from the cost of overall programme fees. Please submit fee with initial application.
3. If you fulfil all the criteria and are successful an acceptance pack will be posted to you
4. Accepted Offer letter and required documentation and deposit returned to head office

For more information please contact Jessica on 061-202829 or email [ncef@ul.ie](mailto:ncef@ul.ie)

*Please note once accepted onto the programme all correspondence will be sent via email so it is vital to ensure you have a valid current email address and that this address is clearly stated on your application form.*