



Please refer to the table below for an at-a-glance list of overarching QCF resource fees

Product	Price
Level 1	
Award in Fitness and Physical Activity DVD	£2.50
Award in Fitness and Physical Activity LAR	£10.00
Award in Fitness and Physical Activity and Award in Lifestyle Management Syllabus	£10.00
Award in Introduction to Lifestyle Management Syllabus	£5.00
Award in Introduction to Lifestyle Management LAR	£5.00
Award in Lifestyle Management LAR	£5.00
Exercise and Fitness Knowledge Workbook	£7.00
Level 2	
Anatomy and Physiology Workbook (B&W)	£7.00
Anatomy and Physiology Workbook (Colour)	£10.00
Award in Circuit Training LAR	£5.00
Award in Circuit Training Manual	£5.00
Award in Circuit Training Syllabus	£5.00
Award in Community Activation LAR	£5.00
Award in Community Activation Syllabus	£5.00
Award in Employment Awareness LAR	£5.00
Award in Group Indoor Cycling LAR	£5.00
Award in Group Indoor Cycling Syllabus	£5.00
Award in Studio Resistance Training LAR	£5.00
Award in Studio Resistance Training Syllabus	£5.00
Award in Walk Leading Syllabus	£5.00
Certificate in Fitness Instructing ETM bundle with LAR (B&W)*	£25.00
Certificate in Fitness Instructing ETM bundle with LAR (Colour)*	£32.00
Certificate in Fitness Instructing ETM bundle without LAR (B&W)*	£22.50
Certificate in Fitness Instructing ETM bundle without LAR (Colour)*	£28.80
Certificate in Fitness Instructing ETM LAR	£5.00
Certificate in Fitness Instructing ETM Manual (B&W)	£10.00
Certificate in Fitness Instructing ETM Manual (Colour)	£12.00
Certificate in Fitness Instructing ETM Syllabus	£5.00

* Please refer to the [CYQ resource order form](#) for details of what resources our bundle offers include

Central YMCA Qualifications | Defining excellence in health and fitness

Product	Price
Level 2	
Certificate in Fitness Instructing Exercise and Activity for Children LAR	£5.00
Certificate in Fitness Instructing Exercise and Activity for Children Manual (B&W)	£10.00
Certificate in Fitness Instructing Exercise and Activity for Children Syllabus	£5.00
Certificate in Fitness Instructing Gym bundle with LAR (B&W)*	£25.00
Certificate in Fitness Instructing Gym bundle with LAR (Colour)*	£32.00
Certificate in Fitness Instructing Gym bundle without LAR (B&W)*	£22.50
Certificate in Fitness Instructing Gym bundle without LAR (Colour)*	£28.80
Certificate in Fitness Instructing Gym LAR	£5.00
Certificate in Fitness Instructing Gym Manual (B&W)	£10.00
Certificate in Fitness Instructing Gym Manual (Colour)	£12.00
Certificate in Fitness Instructing Gym Syllabus	£5.00
Certificate in Fitness Instructing Mandatory Units Syllabus	£5.00
Certificate in Fitness Instructing Water-Based Exercise LAR	£5.00
Certificate in Fitness Instructing Water-Based Exercise Syllabus	£5.00
Level 2 and 3 Award in Employment Awareness Workbook	£10.00
Mandatory Units LAR	£5.00
Mandatory Units Manual (B&W)	£15.00
Mandatory Units Manual (Colour)	£20.00
NVQ Certificate in Activity Leadership Syllabus	£20.00
NVQ Certificate in Activity Leadership LAR	£20.00
NVQ Certificate in Active Leisure, Learning and Well-Being Operational Services Syllabus	£25.00
NVQ Certificate in Active Leisure, Learning and Well-Being Operational Services LAR	£25.00
NVQ Diploma in Exercise and Fitness Syllabus	£15.00
NVQ Diploma in Exercise and Fitness LAR	£15.00

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Level 3

Anatomy and Physiology Manual (B&W)	£10.00
Anatomy and Physiology Manual (Colour)	£15.00
Award in Business Skills for the Fitness Professional Syllabus	£5.00
Award in Conversion of Advanced Fitness Instructor to Personal Trainer Status Syllabus	£5.00
Award in Employment Awareness LAR	£5.00
Award in Instructing Outdoor Fitness Syllabus	£5.00
Award in Nutrition for Physical Activity LAR	£5.00
Award in Nutrition for Physical Activity Syllabus	£5.00
Award in Programming and Supervising Exercise with Disabled Clients Syllabus	£5.00
Award in Sports Conditioning Syllabus	£5.00
Business Skills for the Fitness Professional LAR	£5.00
Certificate in Exercise Referral for Specific Controlled Conditions Syllabus	£5.00
Certificate in Exercise Referral for Specific Controlled Conditions LAR	£5.00
Certificate in Personal Training LAR	£10.00
Certificate in Personal Training Manual (B&W)	£15.00
Certificate in Personal Training Manual (Colour)	£20.00
Certificate in Personal Training Syllabus	£10.00
Certificate in PT bundle with LAR (B&W)*	£35.00
Certificate in PT bundle with LAR (Colour)*	£50.00
Certificate in PT Bundle without LAR (B&W)*	£31.50
Certificate in PT Bundle without LAR (Colour)*	£45.00
Diploma in Teaching Yoga Syllabus	£10.00
Diploma in Teaching Yoga LAR	£10.00
Instructing Outdoor Fitness LAR	£5.00
Nutrition Manual (B&W)	£10.00
Nutrition Manual (Colour)	£15.00
NVQ Diploma in Personal Training Syllabus	£10.00
NVQ Diploma in Personal Training LAR	£10.00
Sports Conditioning LAR	£5.00

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