



New Zealand Certificate in Exercise (Level 4)



Domestic Fees

\$4,405.00



Duration

1 semester full-time



witt.ac.nz



This entry-level certificate provides the skills and knowledge to design and deliver exercise programmes within a framework of health and wellness. Industry recognised by the Register of Exercise Professionals (REPS), this certificate is a practical programme that can lead to employment in the sport and exercise industry. Graduates will be eligible to register with REPS.

You will learn how to:

- deliver safe and effective exercise programmes, including pre-screening, within own scope of practice and industry code of ethics.
- apply knowledge of anatomy and physiology to adapt and deliver safe and effective exercise programmes to individuals.
- adapt programmes for apparently healthy people and common at risk groups using exercise science and testing.
- apply motivational and communication techniques to enhance individual participant commitment to a personalised exercise programme.
- apply a health and wellness framework and evidence-based nutrition principles to support a personalised exercise programme and recommend referral pathways to allied health professionals.
- use marketing and business tools and techniques to support business practices as an exercise professional.

Courses

SPOR4001 - Human Anatomy and Physiology

This course aims to develop knowledge of basic concepts of anatomy and physiology and how they relate to exercise programmes.

SPOR4002 - Exercise Programming

This course aims to develop knowledge, skills and attributes to adapt and deliver exercise programmes.

SPOR4003 - Nutrition and Lifestyle

This course aims to develop knowledge of nutrition as it relates to exercise training and healthy lifestyles.

SPOR4004 - Exercise Professional Practice

This course aims to develop cultural competency, knowledge, skills and attributes to use business tools to practice as an exercise professional.

Programme Specific Information

This qualification will provide New Zealand with graduates who have the skills and knowledge to deliver exercise instruction for individuals within the general population. Graduates will operate within a framework of health and wellness in relation to individual, group or community needs and contribute to the cultural, social and economic wellbeing of Aotearoa New Zealand.

Graduates will be eligible to register with the New Zealand Register of Exercise Professionals.

This programme is delivered over 17 weeks full time on-campus and includes 50 hours of practical work experience.

Admission Criteria

General admission

To be admitted to this programme, applicants must hold one of the following:

- 40 credits at NCEA Level 1 or above, including 10 Literacy credits and 10 Numeracy credits OR
- New Zealand Certificate in Sport, Recreation and Exercise (Multi-sector) (Level 3) OR
- a relevant qualification at NZQF Level 2 OR
- a recognised equivalent

Special admission

Any ākonga who is 20 years of age or older and has not reached the general admission requirements for their intended programme is eligible for Special Admission. Te Pūkenga works with the ākonga to ensure they are prepared for their intended programme.

Discretionary admission

Any ākonga who is not yet 20 years of age and has not reached the general admission requirements for their intended programme may be eligible for Discretionary Admission. In assessing whether to grant Discretionary Admission, the delegated authority focuses on the applicant's level of preparedness for their intended programme.

English language requirements

Applicants for whom English or te reo Māori is not a first language are required to provide proof of English proficiency.

The required level of proficiency for this programme is IELTS (General) score of 5.5 with no individual band lower than 5 from a single test taken in the preceding two years, or an equivalent described in [NZQA Rules](#).

Domestic learners who have completed the majority or all of their education in New Zealand are deemed to have met this requirement.

Additional requirement

Police vetting may be required if ākonga are to engage in activities with industry or community partners that require this. Details will be discussed with ākonga.

Career Options

Graduates can be employed or self employed in exciting roles such as: exercise consultant, community exercise instructor, team training instructor or personal trainer.