



New Zealand Certificate in Exercise (Level 5)



Domestic Fees

\$4,178.00



Duration

1 semester full-time; OR
delivered in modular
format



witt.ac.nz



New Zealand Certificate in Exercise (Level 5)

Already working in the fitness industry and wanting to upskill? This programme, recognised by the Register of Exercise Professionals (REPS) provides an opportunity to do that with targeted modules covering specific aspects of the industry. Graduates will be eligible to register with REPS. Students undertaking this programme learn skills and knowledge of exercise prescription across a variety of exercise environments and will be equipped with the skills needed to design and deliver advanced technical and personalised exercise programmes to meet the needs of their clients. Graduates will be eligible to register with REPS.

Practical work is a major component of the study, enabling students to graduate ready to hit the ground running. As part of their study students will undertake a 20-hour work placement in a gym. This placement helps the student to build a professional network, gives them relevant work experience, and sets them up to be effective members of the workplace in the future.

Graduates of this programme will be eligible to continue their educational journey via a pathway into WINTEC's Bachelor of Sport and Exercise Science degree.

You will learn how to:

- design effective and appropriate exercise programmes and implement exercise options to enhance client performance.

- apply knowledge of allied health professional networks and their functions to support clients during extended exercise interventions.
- integrate a broad range of health and wellness factors into an extended exercise intervention programme to meet client goals and objectives.
- analyse and select from a range of advanced exercise options underpinned by exercise science to customise exercise assessment and programmes for clients.
- design programmes and apply exercise principles within scope of practice using understanding of the indications and contraindications for symptomatic or general populations.
- develop the professional and business skills required to operate effectively in the exercise industry.
- develop networks with other allied professionals to support exercise client outcomes.

Courses

CIE5.001

Advanced Training

To provide students with the knowledge and skills to design and implement advanced training programmes for individuals. This module will also investigate exercise trends in the fitness industry.

CIE5.002

Exercise Considerations for Special Populations

To provide students with the relevant knowledge and skills to design and deliver exercise and nutritional plans within their scope of practice for special population groups, and identify key referral pathways for these clients.

CIE5.003

Exercise Prescription for Health and Wellbeing

To provide the student with the knowledge and skills to

integrate and apply an exercise intervention programme for healthy clients. This course includes 10 hours of work placement.

CIE5.004

Networking and Nutrition for Personal Training

To allow the student to develop networks with other allied professionals to support client outcomes, with an emphasis on providing appropriate referrals and follow-up actions. This course includes 10 hours of work placement.

Programme Information

Entry requirements

- New Zealand Certificate in Exercise (Level 4); or
- Equivalent knowledge, skills, experience or study

Regulatory requirements may apply.

Career Options

Graduates of this qualification can be employed or self-employed in roles such as: personal trainer or senior exercise instructor.