

New Zealand Certificate in Exercise (Level 4)

(Level 4)

Leading to a New Zealand Certificate in Exercise (Level 4)

Wintec code:	NZ3563	MoE:	NZ3563
Level:	4	Credits:	60
Owner:	Centre for Sports Science & Human Performance	Effective Date:	January 2026

These regulations should be read in conjunction with the Institute's Academic Regulations.

1. Admission and Entry

1.1 Candidates can gain entry to this programme by meeting one of the following criteria:

- a) 40 credits at NCEA Level 1 or above (incl. 10 Literacy and 10 Numeracy credits);
or
- b) New Zealand Certificate in Sport, Recreation and Exercise (Multi-sector) (Level 3) [Ref: 3625];
or
- c) a relevant qualification at NZQF Level 2;
or
- d) a recognised equivalent;
or
- e) Based on Discretionary Entrance

Applicants who do not meet any of the entry options stated above, and think they have what it takes to complete this programme, can apply for 'Discretionary Entrance'. The application is based on the applicant's ability to demonstrate a likelihood to succeed in the programme. The decision is at the discretion of the Head of School/Centre Director or their delegate. The ability to progress into further study depends on how successful the applicant is within the programme they apply and are accepted into under 'Discretionary Entrance'.

1.2 English Language Requirements

Candidates who have English as a second language are required to have an International English Language Test System (IELTS) score of 5.5 in the academic band, with no individual band score lower than 5; or equivalent.

2. Transfer of Credit

- 2.1 100% transfer of credit is available for this programme (both formal transfer of credit and recognition of prior learning).

3. Programme Requirements

- 3.1 Every candidate for the New Zealand Certificate in Exercise (Level 4) shall to the satisfaction of the Academic Committee follow a programme of study for a period of normally not less than one semester.
- 3.2 Each candidate's programme will comprise all modules as listed in Section 6 of these regulations, totaling a minimum of 60 credits.

4. Completion of the Programme

- 4.1 A candidate may take up to four years to complete this programme, unless an extension is granted by special permission of the Group Director, or designated equivalent.

5. Award of the Qualification

- 5.1 Candidates who successfully complete the requirements of this programme will be eligible for the award of the New Zealand Certificate in Exercise (Level 4).

6. Schedule of Modules

Module Code	Module Name	Level	Credits
SPOR4001	Human Anatomy and Physiology	4	15
SPOR4002	Exercise Programming	4	15
SPOR4003	Nutrition and Lifestyle	4	15
SPOR4004	Exercise Professional Practice	4	15