

Certificate in Exercise

(Level 4)

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

Wintec code:	SH1801	MoE:	NZ3563
Level:	4	Credits:	60
Owner:	Centre for Sport Science and Human Performance	Effective Date:	January 2025

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) Based on NZ high school achievement (secondary school study):
 - 40 credits at NCEA Level 2; including 10 Literacy credits at NCEA Level 2; and 10 Numeracy credits at NCEA Level 1; or
 - a recognised equivalent; **or**
- b) Based on study completed at a NZ tertiary institution
 - A relevant qualification at NZQF Level 2; or
 - A recognised equivalent qualification; **or**
- c) 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. First Aid Requirements

Students enrolled on this programme must hold, or be working towards, a current first aid certificate (covering NZQA units 6401 and 6402) for the duration of their enrolment.

1.3. 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 5.0; or equivalent.

1.4. In order to comply with the provisions of the Vulnerable Children Act 2014 and Wintec Child Protection Policies for all '*specified organisations*' providing a '*regulated service*', all candidates/students will be subjected to safety checks. These will include but are not limited to;

- A Formal Interview
- Referee Checks
- A Police Vet Check
- A Risk Assessment

Programme Regulations for:

Any unsatisfactory result arising from the full safety checking process may result in the candidate/student being precluded/declined entry or withdrawn from the programme of study. Furthermore, students must declare any pending or new convictions arising during any stage throughout the entire enrolment period. A conviction or failure to declare a conviction may also result in the student being immediately withdrawn from the programme.

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 Certificate of Exercise (Level 4) shall to the satisfaction of the Academic Board 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, totalling a minimum of 60 credits.

4. Completion of the Programme

4.1 A candidate may take up to two years to complete this programme, unless an extension is granted by special permission of the Centre 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

Note: no value in the pre/co-requisite columns means there are no pre/co-requisites for that module.

Module Code	Module Name	Level	Credits	Pre-Requisites	Co-Requisites
SPRT401	Introduction to the Fitness Industry	4	15	-	
SPRT402	Exercise Training	4	15	-	
SPRT403	Nutrition	4	15	-	
SPRT501	Fitness Industry Business Skills	5	15	-	