

Exercise

0800 TPP INFO
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Creating
BETTER
Together

Tai Poutini Polytechnic
West Coast
NEW ZEALAND

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About Us

At TPP we're serious about education. Our tutors are all experts in their field, have excellent industry connections and are passionate about teaching.

They want you to learn the skills you need to succeed. We offer a wide range of practical programmes, with a focus on vocational education and applied skills.

All TPP programmes have NZQA approval and are designed to give you a strong foundation in your chosen career.

Tai Poutini Polytechnic has campuses in Auckland, Christchurch, Greymouth, Westport and Wanaka, and offers industry training throughout NZ.

Applying to enrol as a student at Tai Poutini Polytechnic is simple. If you require more information or wish to speak directly with a tutor please email us at: study@tpp.ac.nz or call 0800 TPP INFO.

New Zealand Certificate in Exercise

Exercise | Level 4

LEVEL

04

CREDITS

60

AWARDS: NZ Certificate in Exercise (Level 4)

DURATION: 16 study weeks for each course

LOCATION: Online distance learning

DOMESTIC FEE: Visit www.tpp.ac.nz/healthandbeauty

Conditions apply. Visit www.tpp.ac.nz/conditions

Learn how to help people reach their health and fitness goals and become a personal trainer with the New Zealand Certificate in Exercise (Level 4).

This programme, which is a collaboration between the Open Polytechnic of New Zealand and Skills Active Aotearoa, provides you with the skills and knowledge to deliver exercise instruction and personal training to individuals, groups and communities. When you achieve this qualification, you will be eligible to register

with the New Zealand Register of Exercise Professionals (REPs).

Tai Poutini Polytechnic (TPP) is working with the Open Polytechnic of New Zealand Ltd (OPNZ) to offer new training programmes to West Coast students. TPP can now help you enrol for online learning through OPNZ. As well as the fantastic support you'll receive from OPNZ, you'll also have access to all West Coast campus facilities. Partnerships like this are making it easier for West Coasters to access great tertiary training options right here at home.

Core Elements

When you complete this qualification you will be able to:

- Apply knowledge of anatomy and physiology to design safe and effective personal training exercise programmes for healthy and at-risk individuals
- Deliver safe and effective exercise programmes, in-line with your own scope of practice and the industry code of ethics
- Conduct pre-screening and testing with clients
- Adapt exercise programmes to ensure continued progress for clients
- 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.

Programme Structure and Workload

The programme is structured across three courses, involving both theory and practical assessment.

- Course 1 – Involves all theory and is delivered online with supported learning locally.
- Course 2 - Is a combination of theory and practical assessments to be conducted within a gym environment. It is at this stage where students will be pre-screening and assessing clients in order to write their client an exercise programme and demonstrate exercises.
- Course 3 - Is also a combination of theory and practical assessments which involves monitoring/adapting and reassessing clients.

Practicum Component

As part of this qualification, you will be required to undertake two practical assessments in a gym/exercise facility. The practical assessments are completed in Course 2 (Delivering Exercise Programmes) and Course 3 (Becoming an Exercise Professional). Course 2 requires 120 hours of practical work over a minimum of 6 weeks and course 3 has a practicum component of 100 hours over approximately 6 weeks.

Open Polytechnic will work with you to establish suitable arrangements

for you to engage in your practicum placement. If you already have access to a suitable gym facility, then you may wish to establish arrangements with this gym yourself. If you don't have access to gym facilities, then Open Polytechnic will work with our industry stakeholders and partners to establish suitable arrangements for you.

Further Study Pathways

Students can progress to the New Zealand Certificate in Exercise (level 5) – not offered at TPP or OPNZ.

Career Opportunities

The New Zealand Certificate in Exercise (Level 4) will prepare you to work in roles such as:

- community exercise instructor
- gym instructor
- personal trainer (employed or self-employed)
- exercise consultant

Sharing of student information

TPP is working with OPNZ to deliver more training options to people on the West Coast. As part of the partnership arrangement, OPNZ need to share student enrolment status information with TPP.

Enrol

The New Zealand Certificate in Exercise (Level 4) is delivered through OPNZ. Students will enrol with the Open Polytechnic and the programme is delivered through online learning.

Subject to approval for 2020. Terms and conditions apply.

Special notes

Entry to the programme is dependent on suitable mentor and assessor availability for practical component.

Entry Criteria

Exercise

Applicants must meet the following criteria:

- NCEA Level 2 or equivalent
- Applicants who have attained the age of 20 years and do not hold the minimum entry requirements will be eligible to be enrolled where their previous educational, work or life experience indicates they have a reasonable likelihood of success.
- This programme is delivered online so you will need to have regular access to a computer, a reliable internet connection and a data plan to be able to support your online learning. You will need to stream videos, download content and submit assessments online.
- Applicants for whom English is a second language must meet IELTS (or equivalent) Level 5 or above.

We do not set a closing date for applications. The Polytechnic reserves the right to not accept late applications, i.e., after the programme has started.

You will be offered a place subject to meeting the entry and selection requirements and the availability of places on the programme.

The Polytechnic reserves the right to cancel, prior to commencement, any programme which does not attract a minimum number of students.

How to Apply

Check out our website or contact us if you have further questions about entry requirements for your chosen programme.
We look forward to hearing from you.

01

Decide on your programme

02

Either free phone 0800 TPP INFO (within NZ only) and ask for an application pack or click the 'Enrol Now' link on our website

03

Complete and return your enrolment form (please get in touch if you need help).
We'll assess your application and get back to you as soon as we can

Full entry criteria and selection criteria available at www.tpp.ac.nz

For further info on awards and scholarships please refer to our Student Information Brochure

The Tai Poutini “Edge”

Version 04.02.2021

Tai Poutini is nestled between the wild Tasman Sea and the grand Southern Alps. People who live on the West Coast know what it takes to live on the edge. Confidence, skills and a “can do, will do” attitude set them apart.

TPP graduates are out there on the edge doing it!

He aha te mea nui o te ao?
He tangata, he tangata, he tangata!
What is the most important thing in the world?

It is people, it is people, it is people!

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