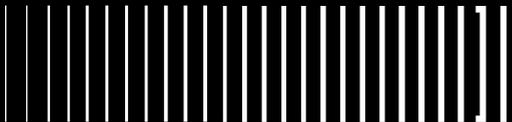


Health & Beauty

0800 TPP INFO
tpp.ac.nz



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.

NZ Certificate in Study & Career Preparation

Hair, Beauty and Grooming | Level 3

LEVEL

03

CREDITS

60



AWARDS: NZ Certificate in Study and Career Preparation

DURATION: 17 weeks, full-time (excluding holidays)

START DATE: 15 February 2021

END DATE: 26 June 2021

LOCATION: Greymouth

DOMESTIC FEE: Visit www.tpp.ac.nz for further information on fees

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

Give yourself the best possible start in your career with Tai Poutini Polytechnic's New Zealand Certificate in Study and Career Preparation (Level 3).

You'll gain the skills you need to get started on the job or carry on with further study in your chosen field. You'll learn how to manage your time, work as part of a team, communicate clearly, solve problems and gain the confidence to start work or pursue a new job.

The programme is all about getting you ready to take your learning to the next level. It also offers pathways into more specialised study in areas of interest.

If you want to gain an advantage on your next job application or prepare yourself for higher level study, it makes sense to sign up for the New Zealand Certificate in Study and Career Preparation (Level 3).

The overall aim of the programme is to provide learning experiences that enable students to develop the core knowledge, skills and personal attributes sought by employers and required for entry level positions. For some students this will occur at the end of this one-semester programme, however most students will progress onto further training with a focus on the specialist field of interest.



Core Elements

To enable students to develop and apply a range of academic and self-management skills for tertiary study and career pathways.

To enable students to apply core concepts and skills required in a trades based career.

To enable students to complete basic projects in a trades environment.

To enable students to build on previously acquired skills and complete projects in a trades environment.

Programme Structure and Workload

The programme balances blended learning and classroom-based theory with a range of practical learning contexts to assist students to achieve the New Zealand Certificate in Study and Career Preparation (Level 3).

Further Study Pathways

This qualification is for people intending to pursue focused development in the skills, capabilities, knowledge and attributes needed to succeed at NZQF Level 3 or 4 or above, within the context of a field of study or career pathway.

Career Opportunities

This qualification is for people intending to pursue focused development in the skills, capabilities, knowledge and attributes needed to succeed at NZQF Level 3 or 4 or above, within the context of a field of study or career pathway.

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.

Safe Lifting, Back Injury Prevention

LEVEL

02

LEVEL

03

CREDITS

07

DURATION: 3 days

START DATE: Multiple intakes per year

LOCATION: West Coast or by negotiation

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

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

This course has been designed for people who require knowledge & skills for back injury prevention and manual handling in the workplace.

Graduates will be able to identify the risk factors for occupational back injury; identify back care techniques; and identify work place control measures to reduce the risk of back injury.

These units will enable people to demonstrate knowledge of types of manual handling risks, describe injury risk reduction measures for manual handling, use safe manual handling practices with mechanical aids, and use safe manual handling practices without mechanical aids in the workplace.

Tai Poutini Polytechnic also provides more specialised training to suit individual industry and workplace needs.

- Unit 17459: Demonstrate and apply knowledge of safe handling practices in the workplace.
- Unit 17592: Identify the causes of back injury and methods to prevent back injuries in the workplace.

'Tai Poutini Polytechnic's partnerships and collaborations with local employers meant there were better work prospects for me when I finished studying. The programme gave me better opportunities and helped me get a foot in the door.'

Trivette Levick - Hair & Beauty Graduate



Entry Criteria

Hair, Beauty and Grooming

This programme has open entry.

English Requirements

- Applicants for whom English is a second language must meet General or Academic IELTS 5 with no band score lower than 5 or NZQA-approved equivalent

Special Notes:

- Special Entry may be granted where evidence exists that the applicant can successfully complete the programme

Exercise Level 4

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.

Safe Lifting, Back Injury Prevention

Applicants must meet the following criteria:

- Applicants for whom English is a second language must meet IELTS (or equivalent) Level 5.5

Special Notes:

- Some courses within this programme require specific levels of physical ability
- Special Entry may be granted where evidence exists that the applicant can successfully complete the programme

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 11.11.2020

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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 West Coast
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