

New Zealand Certificate in Exercise (Level 4, 60 credits) **[NZCX]**

The following Programme Regulations are to be read in conjunction with [Te Kawa Maioorooro | Academic Regulatory Framework](#).

These regulations come into effect from **Semester 1, 2024**.

1.1 Whakatapoko | Admission

To be eligible for admission to this programme, all applicants must meet three admission requirements.

- Requirements for either General, Special, or Discretionary admission
- Any additional Programme specific requirements
- Language Literacy requirements.

General admission	To be admitted to this programme, applicants must hold one of the following: <ul style="list-style-type: none"> • 40 credits at NCEA Level 1 or above, including 10 Literacy credits and 10 Numeracy credits OR • New Zealand Certificate in Sport, Recreation and Exercise (Multi-sector) (Level 3) [Ref: 3625] OR • a relevant qualification at NZQF Level 2 OR • a recognised equivalent
Special admission	Any ākonga who is 20 years of age or older and has not reached the general admission requirements for their intended programme is eligible for Special Admission. Te Pūkenga works with the ākonga to ensure they are prepared for their intended programme.
Discretionary admission	Any ākonga who is not yet 20 years of age and has not reached the general admission requirements for their intended programme may be eligible for Discretionary Admission. In assessing whether to grant Discretionary Admission, the delegated authority focuses on the applicant's level of preparedness for their intended programme.
English language requirements	Applicants for whom English or te reo Māori is not a first language are required to provide proof of English proficiency. The required level of proficiency for this programme is IELTS (General) score of 5.5 with no individual band lower than 5 from a single test taken in the preceding two years, or an equivalent described in NZQA Rules . Domestic learners who have completed the majority or all of their education in New Zealand are deemed to have met this requirement.

Additional requirement	Police vetting may be required if ākonga are to engage in activities with industry or community partners that require this. Details will be specified in the programme delivery documentation per delivery site.
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Tūtukitanga Whakamihi | Credit Recognition

The provisions and procedures for credit recognition through cross credit, credit transfer and recognition of prior learning in this programme are set out in [Te Kawa Maiooro | Educational Regulatory Framework](#).

Tohu o te Hōtaka | Award of Qualification

Credit requirements	<p>To be awarded the New Zealand Certificate in Exercise (Level 4), ākonga must achieve a minimum of 60 credits in the pattern set out in Table 1 below from the courses set out in Table 2 below.</p> <p>Table 1: Credit Requirements</p> <table border="1"> <thead> <tr> <th>Level</th> <th>Compulsory credits</th> <th>Elective credits</th> <th>Total credits</th> </tr> </thead> <tbody> <tr> <td>4</td> <td>60</td> <td>0</td> <td>60</td> </tr> </tbody> </table> <p>Table 2: Schedule of Courses</p> <table border="1"> <thead> <tr> <th>Course code</th> <th>Course title</th> <th>Credits</th> <th>Pre/Co requisites</th> </tr> </thead> <tbody> <tr> <td>SPOR4001TP</td> <td>Human Anatomy and Physiology</td> <td>15</td> <td>-</td> </tr> <tr> <td>SPOR4002TP</td> <td>Exercise Programming</td> <td>15</td> <td>-</td> </tr> <tr> <td>SPOR4003TP</td> <td>Nutrition and Lifestyle</td> <td>15</td> <td>-</td> </tr> <tr> <td>SPOR4004TP</td> <td>Exercise Professional Practice</td> <td>15</td> <td>-</td> </tr> </tbody> </table>	Level	Compulsory credits	Elective credits	Total credits	4	60	0	60	Course code	Course title	Credits	Pre/Co requisites	SPOR4001TP	Human Anatomy and Physiology	15	-	SPOR4002TP	Exercise Programming	15	-	SPOR4003TP	Nutrition and Lifestyle	15	-	SPOR4004TP	Exercise Professional Practice	15	-
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Programme Progression	Courses in this programme may be offered in any order.																												
Programme completion	<p>The maximum time to complete this programme is 4 years.</p> <p>The delegated authority may approve a longer completion time.</p>																												

Waeture Aromatawai | Assessment Regulations

Grading	<p>Assessment in this programme is achievement-based.</p> <p>Grading follows the guidelines in Te Kawa Maiooro Educational Regulatory Framework.</p> <p>Specific assessment and/or course pass requirements are detailed in programme delivery documentation provided to ākonga at the start of their course.</p>
Assessment submission and additional opportunities	<p>Requirements and processes for</p> <ul style="list-style-type: none"> assessment submission, resit and/or resubmission opportunities for failed assessments, reassessment opportunities for failed courses, late submission of assessments, and extension of assessment deadlines <p>are outlined in programme delivery documentation provided to ākonga at the start of their course.</p>