

CERTIFICATE IN FITNESS INDUSTRY TRAINING

Level 4



**CENTRE FOR SPORT SCIENCE AND
HUMAN PERFORMANCE**

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Wintec
WAIKATO INSTITUTE OF TECHNOLOGY
Te Kuratini o Waikato



CERTIFICATE IN FITNESS INDUSTRY TRAINING (L4)

Duration: Starts February 2016.

One year full-time or part-time equivalent.

Location: Rotokauri Campus, Hamilton.

Fee Guide: \$6,640 (domestic students and subject to change)

PEAK PERFORMANCE IN THE WORLD OF SPORT AND FITNESS

The world of sport and fitness is changing and we are stepping it up a notch!

The Centre for Sport Science and Human Performance is excited to offer changes to the Certificate in Fitness Industry Training (Level 4) from 2016*. This programme is perfect for people who want to help others or themselves achieve their goals, whether that be in elite performance or general wellbeing.

Fitness Industry – graduates will develop their skills to create their career helping people achieve their health and wellbeing goals, for example as a personal trainer.

Athlete Performance and Development – offering elite athletes and developing athletes the opportunity to learn the science behind how their body works, empowering them to train and prepare more effectively to achieve higher performance in their chosen sport.

PROGRAMME CONTENT

Students in both streams will study the following modules with the opportunity in each module to focus on applying learnings to their own training and performance, and/or how to use their knowledge to support others.

- Intro to Sport and Fitness Industry Studies

- Concepts of Strength Training
- Aerobic Training
- Nutrition and Health
- Injury Prevention and Management
- Advanced Exercise Training
- Practicum

Students will then choose:

- Fitness Industry Business Skills
- Athlete and Performance Enhancement

CAREER OPPORTUNITIES

The Certificate in Fitness Industry Training (Level 4) may lead to employment in the sport, health and fitness industry as a Fitness Instructor, Exercise Consultant, Personal Trainer, Group Fitness Instructor, Team Fitness Trainer, Sport and Fitness Co-ordinator or Activity Programme Leader.

Graduates of the Certificate in Fitness Industry Training (Level 4) may pathway into the Diploma in Personal Training (Level 5), Bachelor of Sport and Exercise Science (Level 7) or continue onto further tertiary study.

ENTRY CRITERIA

Candidates are required to have gained a minimum of either:

- 36 credits at NCEA Level 2 across 3 subjects, including 12 credits in English Level 2, **or**
- 36 credits from the NZQF at level 2 across 3 subjects, including 12 credits from a “language rich” subject such as History, Classics, Media Studies or English, **or**
- other equivalent qualification (as approved by the Centre Director or Programme Committee).

In addition, candidates must also meet the specific literacy and mathematical

requirements as follows:

- 12 credits in Mathematics/Pāngarau at NCEA 1 or higher, **and**
- 4 credits in reading English or Te Reo at Level 2 or higher, **and**
- 4 credits in writing English or Te Reo at Level 2 or higher, **or**

An equivalent qualification (as approved by the Centre Director or Programme Committee).

Candidates will also be required to:

- have a current Comprehensive First Aid Certificate (or acquire one within three months of commencing the programme); and
- have a level of fitness sufficient to fulfil the practical requirements of the programme.

SCHOLARSHIPS

Check out the scholarships available to you at wintec.ac.nz/scholarships.

ENQUIRIES

Full admission and entry criteria can be provided on request, or will be available on the website as soon as changes to the programme have been formally approved.

To enrol contact our Student Enrolment and Information Centre on 0800 2 Wintec (0800 2 946832) or online at www.wintec.ac.nz/contact.

We are proud to be a partner of HPSNZ athlete friendly tertiary network.

This is a REPs (Register of Exercise Professionals) registered course. This means you can work as a trainer in New Zealand and other countries such as Australia, United Kingdom, Ireland and Europe.



**Subject to approval.*

Disclaimer: Every effort has been made to ensure the content of this flyer is correct at the time of printing. These fees are approximate, are in New Zealand Dollars and are based on a full-time workload for one year. Fees may vary due to changes in law or regulations that are beyond the control of Wintec. Some programmes have additional costs.