

Certificate in Fitness Industry Training

(Level 4)

incorporating the Certificate in Fitness Fundamentals (Level 4)

Wintec code:	SP1001	MoE:	WK2613
Level:	4	Credits:	120
Owner:	Centre for Sport Science and Human Performance	Effective Date:	January 2017

These regulations should be read in conjunction with the Institute's Academic Regulations.

1. Admission and Entry

1.1 General Academic Admission

- a) Candidates are required to have gained a minimum of either:
 - i) 36 credits at NCEA Level 2 across 3 subjects, including 12 credits in English Level 2, **or**
 - ii) 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**
 - iii) other equivalent qualification (as approved by the Centre Director or Programme Committee).
- b) In addition, candidates must also meet the specific literacy and mathematical requirements as follows:
 - i) 12 credits in Mathematics/Pangaru at NCEA 1 or higher, **and**
 - ii) 4 credits in reading English or Te Reo at Level 2 or higher, **and**
 - iii) 4 credits in writing English or Te Reo at Level 2 or higher, **or**
- c) An equivalent qualification (as approved by the Centre Director or Programme Committee).

1.2 Special Admission

Domestic applicants aged 20 years or above who have not met the General Admission or entry requirements for a programme but whose skills, education or work experience indicate that they have a reasonable chance of success¹ may be eligible for Special Admission. Special admission will be granted at the discretion of the relevant Head of School/Centre Director or designated nominee. Such applicants may be required to successfully complete a foundation, bridging or tertiary introductory programme as a condition of entry into higher level programmes.

1.3 Provisional Entry

Domestic applicants aged under 20 years who have not met the general academic admission and entry criteria for a programme but who can demonstrate a reasonable chance of success

¹ [Education Act 1989 Section 224 \(3\)](#)

Programme Regulations for:

through other educational attainment and/or work or life experience may be eligible for provisional entry at the discretion of the relevant Head of School/Centre Director or designated nominee. Provisional entry places restrictions on re-enrolment to be lifted if the applicant's performance is deemed satisfactory by the relevant Head of School/Centre Director or designated nominee.

1.4 Selection Criteria

- a) Candidates are required in their applications to indicate whether they have had a physical or mental condition. Candidates should be aware that some types of physical or mental conditions may prevent them from participating in physical elements of the programme and/or work experience placements.
- b) Candidates will also be required to:
 - i) have a current Comprehensive First Aid Certificate (or acquire one within three months of commencing the programme); **and**
 - ii) have a level of fitness sufficient to fulfil the practical requirements of the programme.

1.5 Safety Checking

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

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.

Person's who are convicted of '*specified offences*' will not be accepted onto any programme that requires that Person to work in an organisation providing a regulated service.

1.6 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 across all bands; or equivalent.

2. Transfer of Credit

Programme Regulations for:

- 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 in Fitness Industry Training (Level 4) shall to the satisfaction of the Academic Board follow a programme of study for a period of normally not less than 40 weeks (2 semesters).
- 3.2 Each candidate for the Certificate in Fitness Training (Level 4) is required to complete:
- The core compulsory modules in Group A, totalling 30 credits; and
 - All the modules in Group B totalling 75 credits.
 - One module in Group C totalling 15 credits.
- 3.3 Candidates who wish to exit the programme with the Certificate in Fitness Fundamentals (Level 4) (SP1002) are required to complete:
- The core compulsory modules in Group A, totalling 30 credits; and
 - Any two of the modules in Group B, totalling 30 credits.
- 3.4 Candidates must have a current Comprehensive First Aid Certificate prior to entering the programme, or acquire one within three months of commencement of the programme.

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 the Centre Director.

5. Award of the Qualification

- 5.1 Candidates who successfully complete the requirements of clause 3.1, 3.2 and 3.4 of these regulations will receive the award of the Certificate in Fitness Industry Training (Level 4).
- 5.2 Candidates who successfully complete the requirements of clause 3.3 and 3.4 of these regulations will receive the award of the Certificate in Fitness Fundamentals (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.

Group A Core Compulsory Modules

Module Code	Module Name	Level	Credits	Pre-requisites	Co-requisites	Assessment Standard
SPFT402	Concepts of Strength Training	4	15			
SHFT409	Introduction to Sport and Fitness Industry Studies	4	15			

Group B Elective Modules

Module Code	Module Name	Level	Credits	Pre-requisites	Co-requisites	Assessment Standard
SPFT403	Aerobic Training	4	15			
SPFT405	Nutrition and Health	4	15			

Programme Regulations for:

SPFT406	Injury Prevention and Management	4	15			
SPFT407	Advanced Exercise Training	4	15	SPFT402 SPFT403		
SPFT408	Practicum	4	15	SPFT402 SPFT403		

Group C Elective Modules (Select one of)

Module Code	Module Name	Level	Credits	Pre-requisites	Co-requisites	Assessment Standard
SHFT501	Fitness Industry Business Skills	5	15			
SHFT410	Athlete and Performance Enhancement	4	15			