

# Certificate in Health and Fitness 2010

**Faculty of Health & Sport Science  
Te Manga Hauora me te Pūtaiao Hākinakina**

The Certificate in Health and Fitness is a 17 week full-time, or equivalent part-time, programme which offers you stimulating studies and provides a pathway to a career in the wide field of recreation, sport and leisure. This programme has close links with both the Bachelor and Diploma of Recreation and Sport.

In particular, the programme is designed to enable a student to:

- integrate knowledge of the structure and function of the human body
- plan and organise active recreation, sport and fitness programmes
- apply skills in sport and fitness industries.

There are two entry points per year:

- February
- July

In this application pack you will find information about the programme, descriptions for each of the subjects covered, and fees and costs associated with this programme.

You are welcome to make an appointment to discuss your study options with our staff and to view our facilities.

If you have any questions please feel free to contact us.

Lorraine Guillemot, Secretary  
Faculty of Health and Sport Science  
Phone: (06) 974 8000, ext 5420  
Email: [lorraine@eit.ac.nz](mailto:lorraine@eit.ac.nz)



*Te Whare Takiura o Kahungunu*

## FUTURE PATHWAYS/EMPLOYMENT OPPORTUNITIES

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For trained sport, fitness and recreation professionals, employment opportunities are varied and exciting.

Possible jobs and career opportunities can include:

- Fitness Trainer
- Community Recreation Assistant
- Group Exercise Instructor
- Gym Worker

## PROGRAMME SUMMARY

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Qualification	EIT Certificate
Programme Level	4
Length	17 weeks
Study Options	Full-time; Part-time
Hours of Study / Class Times	Classes are scheduled between 8am and 5pm, Monday through Friday
Total Number of Credits	60 Credits

## PROGRAMME LENGTH

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The Certificate in Health and Fitness programme runs for 17 weeks and has one intake per semester.

**Semester 1:** Intake commences on 15 February and the programme concludes on 25 June 2010.

**Semester 2:** Intake commences on 19 July and the programme ends on 26 November 2010.

Timetables will be available on the EIT website [www.eit.ac.nz](http://www.eit.ac.nz) in September/October, 2009. If you require a paper copy to be sent out to you please contact the secretary.

FEBRUARY INTAKE		JULY INTAKE	
PROGRAMME STARTS	Monday, 15 February 2010	PROGRAMME STARTS	Monday, 19 July 2010
Good Friday/Easter Monday	Friday 2 April - Monday 5 April	Mid-Semester Holidays)	Monday, 27 September - Friday, 8 October
Mid-Semester Holidays (Term 1)	Monday, 5 April - Friday, 16 April	Term 4 Starts	Monday, 11 October
Term 2 Starts	Monday, 19 April	Hawke's Bay Anniversary Day	Friday 22 October
Queens Birthday	Monday, 7 June	Labour Day	Monday 25 October
PROGRAMME ENDS	Friday, 25 June 2010	PROGRAMME ENDS	Friday 26 November 2010

## STUDENT WORK COMMITMENTS

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Hours per week	17 hours
Individual study hours	One to two for each classroom hour
Credits	60
One credit generally equals	10 student learning hours. Learning hours include both classroom and out-of-class hours.

This programme of study includes holiday or study breaks during which there are no scheduled classes. These breaks usually align with school holidays, but this may not always be the case. Students may find it necessary to spend time during non-teaching weeks working on assignments and other study-related tasks set during the teaching weeks.

## ENTRY REQUIREMENTS

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Applicants must meet one of the following criteria:

### Standard Entry

- A minimum of 60 credits at NCEA Level 2 or higher in one year in best 4 subjects **or**
- Successful completion of the EIT Certificate in Sport and Health Massage, or the Certificate in Foundation Studies for Nursing, Recreation and Sport Science, or another programme which demonstrates an applicant's ability to achieve at this level **or**
- Completion of a local or overseas qualification which is considered by the Admissions Committee to be the equivalent of one of the above qualifications.

### Provisional Entry

- Applicants who do not meet the criteria above, but present evidence of ability to succeed (eg. maturity, life experience, work experience, other study) **or**
- Is enthusiastic and motivated to achieve **or**
- Provides evidence of relevant prior learning and experience.

This does not apply to international students.

### English Language Entry Requirement

Students are required to have attained an acceptable level of English language fluency. This may be demonstrated in a variety of ways, including successful study in English, approved scores on IELTS (6.0 Academic) tests, completion of accepted international equivalents, or completion of an EIT Hawke's Bay assessment.

### Entry With Credit

You may already have some knowledge or skills that can be recognised as part of your intended study. This may take a number of different forms including study while at high school, study at a private training establishment, workplace training, other tertiary study, life experiences or voluntary work. If you think you may qualify, you may want to apply for Cross Credit or Recognition of Prior Learning.

- Cross Credit is based on the equivalency of courses or qualifications. You would apply for Cross Credit if you have passed a very similar course at the same level.
- Recognition of Prior Learning (RPL) is based on the assessment of your current knowledge and skills. You would apply for RPL if you had gained the relevant knowledge and skills through life experiences and informal learning situations.

You will be asked to provide details of anything that you would like considered as credit toward your intended programme of study, as part of your application.

Recognition of Prior Learning and Cross Credit cannot be awarded for a course if you are enrolled in that course. **You must apply prior to enrolment.**

For further information and enquiries about RPL and Cross Credit please contact the Faculty of Health & Sport Science, Secretary, Lorraine Guillemot, telephone (06) 974 8000, ext 5420.

## ACADEMIC STAFF

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Our lecturers are highly trained professionals with particular areas of expertise in recreation, sport and fitness. Staff also maintain contacts with other professionals through organisations such as PENZ (Phys-Ed New Zealand), Fitness N.Z., SFRITO (Sport, Fitness and Recreation Industry Training Organisation).

We value our partnership with students and aim to provide quality education in a supportive environment, encouraging personal growth and professional development.

Staff	Qualification
<b>Lee-Anne Taylor</b> Programme Co-ordinator / Lecturer, Recreation and Sport Email: l.taylor@eit.ac.nz	BSc, BPhy
<b>Gail Maxey</b> Lecturer Science Email: gmaxey@eit.ac.nz	BSc, Dip.PE, Dip.Tchg
<b>Dr Carl Paton</b> Senior Lecturer Email: cpaton@eit.ac.nz	Ph.D, MSC, BSC, PG Cert Ed.
<b>Marcus Agnew</b> Lecturer, Recreation and Sport Email: magnew@eit.ac.nz	MHSC, BSR
<b>Diana Kirton</b> Assistant HOS, Student Placement Co-ordinator Email: dkirton@eit.ac.nz	BA (Psyc)
<b>Deanne Parkes</b> Lecturer Email: dkelly@eit.ac.nz	BSpEx

## PRACTICUM / HANDS-ON EXPERIENCE / WORK EXPERIENCE / INDUSTRY-BASED LEARNING

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Students experience a variety of industry based learning such as providing recreation experiences for children on holiday programmes and fitness assessment and training for small groups and individuals.

### FACILITIES

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Practical studies take place in the Pettigrew.Green Arena Hawke's Bay. These facilities include four squash courts, an exercise science laboratory, an aerobics-fitness room, a theatre for lectures and presentations for up to 80 people, changing rooms, consulting rooms, office and administration area, and a massage room.

#### Arena Gym

Included in the enrolment for the Certificate in Health and Fitness is limited membership to the gym facilities. Further details will be provided on acceptance into the programme.

### COURSE DESCRIPTORS

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Course No.	Brief Description	EIT Credits	Level
AP4.111	<b>Anatomy and Physiology</b> This course assists students to develop an understanding of human anatomy and physiology to provide a theoretical foundation for study or employment in sport and recreation.	15	4
DRS4.25	<b>Group Exercise</b> This course will develop knowledge and skills in the designing and application of group exercise programmes. The application to special populations is examined as well as the impact of motivational techniques on client commitment.	15	4
DRS4.35	<b>Individual Fitness</b> This course provides students with knowledge, skills and understandings that underpin fitness assessment and individual fitness instruction. The focus of this course is on assessment of physical performance, application of exercise techniques, exercise prescription for people with special needs, and motivation.	15	4
BRS5.50	<b>Te Aranga Ake: Professional Practice 1</b> This course is designed to assist students develop experiential knowledge and skills related to professional practice in the sport and recreation sector, including basic computer and information literacy. There is a twenty-hour sport or recreation industry practicum experience, complemented by workplace first aid training and an exploration of cultural safety through acknowledging and celebrating personal cultures.	15	5

### ASSESSMENTS

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Assessments include essays, written reports, assignments and written and practical examination.

## TRANSFERS /CROSS CREDITS

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This qualification has been approved by the New Zealand Qualifications Authority.

This programme leads to the award of a nationally approved qualification. This qualification may be delivered at a number of other tertiary institutes around New Zealand. If you were to transfer to one of those other institutes you may be granted academic credit for some of the papers completed successfully while studying at EIT Hawke's Bay, but this is at the discretion of the other institute.

*Please note: Fees are not transferable between institutes.*

## ACCREDITATION

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The Eastern Institute of Technology (EIT Hawke's Bay) is an accredited tertiary education provider under the provisions of the Education Act 1989.

## FEES/COSTS

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**Please note:**

- All costs quoted include GST.
- These fees apply to NZ Citizens and NZ Permanent Residents only.

Programme/Course Fees:	\$ 2,044.70 Approximately
See separate section below for International fees.	

## ADDITIONAL COSTS

\$100 Approximately	EIT Uniform (Optional)
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EIT Hawke's Bay expects student fees to be paid at least one week prior to the start of the programme.

## STUDENT FINANCE

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### Student Loans and Allowances

Financial assistance for full-time and some part-time students is available through the Student Loan scheme. Some students may also be eligible for Student Allowances. Student Loans and Allowances are administered by Studylink, a service provided by the Ministry of Social Development. For more information and application forms please contact:

**STUDYLINK on 0800 88 99 00 or online at [www.studylink.govt.nz](http://www.studylink.govt.nz)**

**Note:** International students are not eligible to apply for Studylink Student Loans and Allowances.

### Training Incentive Allowances

Students who have applied to the Ministry of Social Development for a Training Incentive Allowance must ensure fees are paid prior to the programme start date or we ask that a confirmation of fees letter be handed to the Enrolment Officers.

### Scholarships and Grants

You may be eligible to apply for a wide variety of different funding options. Many scholarships or grants are available to new and returning EIT Hawke's Bay students. Each scholarship or grant lists different criteria, such as gender, age or previous experience. To find out more about what is available for you, please call the EIT Infoline on 0800 22 55 348 or visit our website [www.eit.ac.nz](http://www.eit.ac.nz).

## **APPLICATION PROCESS**

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When you have been accepted for the programme, you will be sent a letter of acceptance. You will be asked to confirm your place. Please contact the Registry Manager on (06) 974 8000, ext 6026 if you wish to discuss enrolment fee payment arrangements.

Please refer to the chart over page.

## **INTERNATIONAL STUDENTS**

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If you do not have permanent residency in New Zealand, there is a different application form and application process and a different fee structure applies. Please contact the International Section on telephone +64 6 974 8902 for the correct application form and for further information regarding fees.

## **DISCLAIMER**

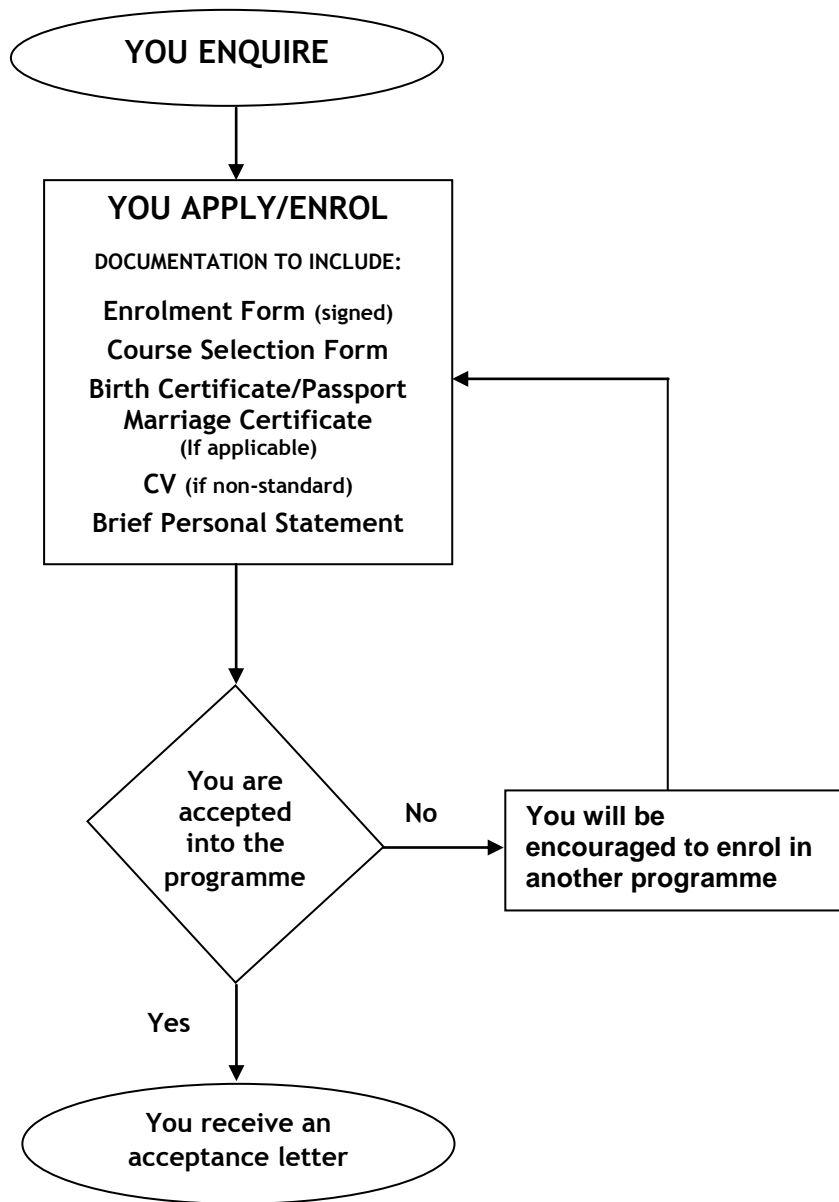
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Information contained in this publication is correct at the time of printing, but may be subject to change. While all reasonable efforts will be made to ensure listed programmes/courses are offered and regulations are current, the Institute reserves the right to change content or method of delivery, to withdraw any programme or course of study, or to impose limitations on enrolment should circumstances require this.

Some programmes/courses mentioned in EIT publications are offered subject to final approval and accreditation or to sufficient enrolments being received.

For the latest information visit our website at [www.eit.ac.nz](http://www.eit.ac.nz)

## ENROLMENT PROCESS FLOWCHART



Timetables will be available on the from September/October, 2009

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## Documentation / Forms

### Please Note

The following documents need to be completed and returned with your application/enrolment.

- Brief Personal Statement including Brief CV/Work History
- Consent to Disclosure of Information

Without these documents we are unable to proceed with your application.



*Te Whare Takiura o Kahungunu*





Te Whare Takiura o Kahungunu

## Certificate in Health and Fitness

### 2010

#### PERSONAL STATEMENT (Handwritten please)

Name: \_\_\_\_\_

1. What do you believe are your personal strengths?


2. Why are you interested in studying for the Certificate in Health and Fitness?


3. As part of this programme you may have practical experiences with agencies or organisations who may require you to obtain a police vet of your personal information for any criminal convictions, criminal history, and details of fines and enforcements and/or hold a current First Aid Certificate.

Have you ever had a criminal conviction?

Yes

No

Please note: A prior conviction may not necessarily exclude you from acceptance into the programme, but we may need to discuss it with you.

Do you have a First Aid Certificate that includes NZQA Units standards 6401, 6402 and 6400?

Yes  (a copy of this will need to be provided at time of application)

No

A First Aid Certificate is valid for two years from date of issue.

If you do not hold a current First Aid Certificate you will have an opportunity to gain this as part of the programme.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_





Te Whare Takiura o Kahungunu

CONSENT TO DISCLOSURE OF INFORMATION

Licensing and Vetting Service Centre  
Office of the Commissioner  
PO Box 3017  
WELLINGTON 6140

I .....  
Surname First Name(s)

.....  
(Maiden or any other names used)

Sex ..... (M/F) Date and place of birth .....

Nationality ..... Residential Address .....

Suburb ..... City .....

NZ Driver Licence Number .....

Hereby consent to the disclosure by the New Zealand Police of any information they may have pursuant to this application, to **Eastern Institute of Technology, Taradale**. I understand that any record of criminal convictions I might have will automatically be concealed if I meet the eligibility criteria stipulated in Section 7 of the Criminal Records (Clean Slate) Act 2004.

Signed ..... Date.....

COMMENTS OF THE NEW ZEALAND POLICE

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