



NZ Certificate in Exercise

Level 5

Design and implement advanced exercise programmes and develop industry networks by creating a professional identity.

You will be able grow your knowledge of nutrition and skills to help clients.

Graduates are recognised as personal trainers by the Register of Exercise Professionals.

Location	Hawke's Bay
Start	February (Hawke's Bay)
Length	17 weeks full-time
Contact	Sue Jackson Phone: 06 830 1521 Email: sjackson@eit.ac.nz

Advance your skills in exercise training

The NZ Certificate in Exercise [Level 5] is a practically-based 17 week programme, which provides the knowledge and skills required for employment in the health and fitness industry, and also serves as a staircase into further study in sport, recreation and exercise science.

The programme provides the knowledge and skills to design, deliver and adapt individual and group exercise programmes, and help improve the lifestyle of those who are at risk of common health conditions.

Graduates of this programme are recognised as personal trainers by the Register of Exercise Professionals (REPS).

What you will learn/subject areas:

- What exercise is, the benefits and risks
- Anatomy and physiology
- Workplace skills: communication, customer care, organisation, time management
- Health and safety and ethical practice
- First aid
- Exercise technique and instruction
- Pre-screening and fitness testing
- Programme writing and programme adaptations
- Exercise prescription including common at-risk groups
- Nutrition
- Marketing and business techniques

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

Career and Study Opportunities

After you graduate you can be employed or self-employed in roles such as:

- Exercise consultant
- Community exercise instructor
- Team training instructor
- Personal trainer

Others have continued study in the fields of Recreation and Sport, Social Sciences and Business. For trained Exercise professionals, the employment opportunities are varied and exciting.

You will be eligible to register with the New Zealand Register of Exercise Professionals.

Further your study with the NZ Diploma in Sport, Recreation and Exercise [Level 5] and then the Bachelor of Sport and Exercise Science.

Partnerships

We value our partnership with Sport Hawke's Bay, Pettigrew Green Arena, and the EIT Institute of Sport and Health (EIT ISH) at the Mitre 10 Sports Park and YMCA Tairāwhiti and aim to provide quality education in a supportive environment, encouraging personal growth and professional development.



NZ Certificate in Exercise Level 5, 60 credits



Hawke's Bay and Tairāwhiti



Full-time:
17 weeks



Fee: Visit fees.eit.ac.nz to see the fees for this programme



2026 Key Dates

Intake One

Hawke's Bay only

Starts: Monday, 16 February

Ends: Friday, 26 June

Semester Breaks

6-17 April

29 June - 17 July

28 September - 9 October

Timetable

Your study time will be made up of contact time (class times, tutorials, industry-based learning) and non-contact time (your own individual study time, online learning).

Contact Time

On campus classes are usually scheduled between 8.00am-5.00pm, Monday to Friday.

Non-contact Time

You should plan to spend 16 hours on individual study per week.

Access to a computer and the internet is required to complete this programme.

Additional Costs

- \$100 approximately for extra uniform (one polo shirt and sweatshirt provided)

Entry Requirements

Academic Requirements

- NZ Certificate in Exercise [Level 4]; or
- Equivalent skills knowledge and evidence of ability to succeed on the programme.

Health and Professional Requirements

All applicants are required to sign:

- A Police Vetting Service Request and Consent form; and
- A declaration that they are in good health (having no medical, physical or psychological conditions that would preclude working with vulnerable clients).

This request is consistent with industry expectations and the type of work undertaken whilst on the programme or as a graduate of the programme.

If the declaration identifies any issue that may impact on the applicant's ability to complete the programme, the applicant can discuss these with the Programme Coordinator at an information session. EIT reserves the right to decline entry to the programme should an applicant's Police record or health difficulties be such that they would be considered unsuitable for the type of work undertaken whilst on this programme or by graduates of this programme. The guidelines on which this decision will be based are the relevant professional association or industry requirements.

Information Session

An information session is recommended as it is an opportunity for us to clarify what is involved in the programme and to get to know you, as a potential student, to make sure the programme is right for you.

English Language Entry Requirements

All applicants must demonstrate an acceptable level of English language fluency prior to acceptance in the programme. For international applicants, ways in which English language fluency may be demonstrated include the following:

- Successful study of a programme in which English was the language of instruction (subject to NZQA conditions).
- Completion of a New Zealand Certificate in English Language (Level 4 with any endorsement).
- IELTS Academic score of 5.5, with no band score lower than 5, achieved in a single test within the two years preceding enrolment.
- Accepted international equivalents to the above IELTS scores.

Entry with Credit

If you wish to receive credit recognition from previous studies or experiences, you can do so by applying for Cross Credit (CC) or Recognition of Prior Learning (RPL).

- CC is based on the equivalency of courses or qualifications. You would apply for CC if you have passed a very similar course at the same level.
- 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.



CC and RPL cannot be awarded for a course if you are enrolled in that course. **Please contact the Programme Coordinator to discuss this option BEFORE you enrol.**

Please note recognising prior learning may reduce your study load in this programme and impact on your ability to receive funding.

For further information and enquiries about CC and RPL please contact the Programme Administrator, Sue Jackson, on 06 830 1521 or email sjackson@eit.ac.nz.

Facilities

Hawke's Bay Campus (HB)

Lectures may be held at the EIT Hawke's Bay campus in Taradale, in the Pettigrew Green Arena or the EIT Institute of Sport and Health at the Mitre 10 Sports Park.

Tairāwhiti Campus (TC)

Lectures are held at the EIT Tairāwhiti Campus and practical sessions are held at the YMCA Gym on the corner Childers and Roebuck Roads.

Included in the enrolment for this programme in Tairāwhiti is limited access to the YMCA Gym. Further details will be provided on acceptance into the programme.

Assessments

Assessments are a combination of practical, portfolio and written assessments. The emphasis in all assessments is the demonstration of practical knowledge relevant to the industry.

Experienced Lecturers

At EIT, you can be confident in the quality of our teaching and your learning experience.

EIT is highly regarded in New Zealand for research excellence due to the quality of our community centred research, our publications and our external grant income provided by funding institutions who have confidence in our research capability. You can be confident your lecturers use the latest knowledge and research in their field of expertise to inform their teaching, and many are at the forefront of knowledge creation within their discipline area.

Staff have industry experience and are passionate about the practical application of teaching techniques to help others to pursue their goals in the field of sport and exercise.

Name	Qualification
Lee-Anne Taylor <i>Programme Coordinator, Principal Academic Staff Member</i>	MHSc (Rehab), PGDipHSc, BPhy, BSc
Dr Patrick Lander <i>Principal Academic Staff Member</i>	PhD, MSc, BSc (Honours), CATA
Chris Treacher <i>Senior Lecturer</i>	BSES, NCSA-CSCS, ASCA, ISSA
Nikki Wawatai-Aldrich <i>Senior Lecturer</i>	BSpEx, PGDipEd, DipTeReoMāori

Scholarships

Scholarships are a way to help financially support your study. They can make life easier by helping to cover your fees and living expenses while you complete your qualification. You don't always need to be an academic high-flyer to qualify.

Find out what's available at scholarships.eit.ac.nz or for general scholarship information please contact scholarships@eit.ac.nz.

The experience you need & the support to succeed

When you study at EIT you'll get the kind of experiences that will help you gain the knowledge and skills to get ahead.

You'll also be supported by lecturers and tutors who are here for you, within a learning environment where you are treated as an individual, not just a number.

They'll know your name and you'll receive one-on-one attention to make sure you get the support to succeed.

Programme Information

The NZ Certificate in Exercise [Level 5] will provide New Zealand with graduates who have the skills and knowledge to deliver exercise instruction for individuals within the general population. Graduates will operate within a framework of health and wellness in relation to individual, group or community needs and contribute to the cultural, social and economic wellbeing of Aotearoa New Zealand.

Course Descriptions

Course No.	Brief Description	NZQA Level	No. of Credits
BSES5.001	Health, Activity and Nutrition The aim of this course is to equip students with knowledge and skills relating to health, activity and nutrition to the context to individuals, groups and communities.	5	15
BSES5.003	Te Tū Rangatira - Professional Project The aim of this course is to provide students the opportunity to develop professional skills and knowledge to an industry standard through participation in a project.	5	15
BSES5.007	Exercise Assessments and Programming The aim of this course is to equip students with the knowledge and practical skills required to design and deliver exercise programmes for an individual and/or group.	5	15
BSES5.008	Anatomy and Physiology The aim of this course is for students to develop knowledge of the human body systems that underpin sport and exercise science.	5	15



How to Enrol

There is an easy 3-step process to follow when enrolling at EIT.

Step 1

Check out eit.ac.nz to see the programmes available for you to study. A copy of the course information for each programme is available on our website.

Step 2

You can now use your RealMe verified identity to apply for study at EIT. If you use your RealMe verified identity you will no longer be sent a copy of your application form to sign. You also will not need to provide us with a copy of your primary ID.

If you apply online without using RealMe then you will be sent a summary of your enrolment to check and sign. It will also include course selection forms which you need to complete and return. Your enrolment cannot progress until you have sent the summary and forms back to us.

You can also apply using a paper enrolment form. Please call us on 0800 22 55 348 and we will send you one.

You will receive an acceptance letter from your Faculty with programme information. This will include the start date of your study and any special information regarding your programme. Depending on your chosen programme of study, you may be invited to attend an interview before you are accepted.

Step 3

Arrangement for full payment of enrolment fees must be made before the start of your programme. You will receive an invoice with payment details.

Fees Free Government Scheme: Tertiary education is fees-free for eligible domestic tertiary students. To check if you are eligible, go to FeesFree.govt.nz and enter your National Student Number (NSN). If you are not eligible you will be responsible for paying your fees.

Scholarships and Grants: Scholarships and grants make life easier by helping to cover your fees, other costs and living expenses while you study. You don't always need to be an academic high-flyer to qualify. You can find out more about scholarships and other options for paying your fees at eit.ac.nz.

StudyLink: If you need to pay for your own study you can choose to apply for your Student Loan and Student Allowance with StudyLink. You should do this early, even if you haven't yet been accepted on your programme. You can change your details later if anything changes. Visit studylink.govt.nz to find out more about StudyLink.

Student Services Levy

The student services levy is a compulsory non-tuition fee that is charged to students enrolled at EIT. The levy is to contribute to the provision of quality student services that support learning. The funds received by EIT from the levy are ring-fenced, meaning they can only be spent on student services.

Student Loans and Allowances

StudyLink is a service of the Ministry of Social Development. Apply well before your programme begins (even if you haven't been accepted yet) so you'll be ready to get your payments when you need them most.

Check out what you qualify for at studylink.govt.nz.



DISCLAIMER:

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All information in this publication pertains to New Zealand Citizens or Permanent Residents, and is correct at the time of printing but is subject to change. EIT is a Business Division of New Zealand Institute of Skills and Technology. EIT reserves the right to amend/withdraw programmes or courses. Fees for 2026 will be set by November 2025 and are subject to change. For the latest information, or for full programme entry requirements visit eit.ac.nz or phone 0800 22 55 348.

NZ Certificate in Exercise (Level 5)

Documentation/Forms

Please Note

These forms are to be returned with your completed enrolment form.

Without these we are unable to process your application.

Please complete and return the following:

- ☐ Enrolment Form
- ☐ Brief Personal Statement
- ☐ Referee Form
- ☐ Health Declaration Form
- ☐ Student Field Trip Contract Form
- ☐ Student Health Profile and Consent to Participate Form
- ☐ Please provide two of the following as evidence of your identity:
 - Passport (NZ or Overseas)
 - NZ Full Birth Certificate
 - NZ Driver Licence
 - Community Services Card
 - 18+ Card



NZ Certificate in Exercise (Level 5)

Brief Personal Statement

(Handwritten please)

Applicant name:

Please tick which campus you are intending to study the programme on:

☐ Hawke's Bay

1. What do you believe are your personal strengths?

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.....

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2. Why are you interested in studying for a qualification in exercise?

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3. Have you ever had a criminal conviction?

☐ Yes ☐ No

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

4. Do you have a First Aid Certificate that includes NZQA Unit Standards 6401, 6402 and 6400?

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

☐ No

If you have any other First Aid Unit Standards, please list them here:

.....

Note that a First Aid Certificate is valid for two years from date the 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.

Applicant name:

Date:



NZ Certificate in Exercise (Level 5) Referee Form

To the Applicant:

Please fill in your referee's name and address below and give this form plus a stamped addressed envelope to your referee as soon as possible. (It is recommended that you contact your referee beforehand to obtain their permission.) **Be sure you fill in your name below.**

Applicant name:

You are required to ask one referee to complete this confidential reference form. Family members and people residing at your address are **NOT** considered appropriate referees.

1. Please supply the referee with a stamped envelope addressed to the Programme Administrator, NZ Certificate in Exercise (Level 5), School of Health and Sport Science, EIT | Te Pūkenga, Private Bag 1201, Hawke's Bay Mail Centre, Napier, 4142.

- If you are still attending school (or have recently left) it is ideal to have as your referee the **Principal of that school.**
- If you are (or have been) employed, please endeavour to have as your referee a **recent employer.**

To the Referee:

This is a CONFIDENTIAL Reference Form.

The information given will be held in the strictest confidence and will assist in the selection process.

Please complete this page and return as soon as possible to:

The Programme Administrator, NZ Certificate in Exercise (Level 5)
School of Health and Sport Science
EIT | Te Pūkenga
Private Bag 1201
Hawke's Bay Mail Centre
Napier 4142

or email to sjackson@eit.ac.nz

You may be contacted with regard to the suitability of the Applicant. Thank you for your assistance.

I give permission to be contacted:

Referee signature:

Date:

Referee name:

Referee phone: Day Night

Referee address:



NZ Certificate in Exercise (Level 5)

Health Declaration Form

Applicant name:

Please tick which campus you are intending to study the programme on:

☐ Hawke's Bay

Should you have any questions about the level of health required to complete this programme please contact the Programme Coordinator prior to completing this declaration.

I declare that I have no medical, physical or psychological conditions that would significantly impact on my ability to participate in the practical and theory components of this programme. Should my health status change dramatically during my study I confirm I will make the Programme Coordinator aware of this change:

Applicant signature:

Date:

NZ Certificate in Exercise (Level 5)

Student Field Trip Contract Form

Student name: Student ID number:

Programme:

Responsibility:

I agree to take full responsibility for my actions while away on Field Trips and understand that EIT | Te Pūkenga will not be responsible for any damage or misdemeanour caused by me. I will also take full responsibility for any loss of private property and or money.

I agree to meet the regulations and protocols of Field Trip hosts as explained to me before and during the Field Trip.

I recognise that it is also my responsibility to take reasonable care of my own health and safety, and to be aware of the safety and actions of my fellow students. I will report to the tutor any concerns or problems which may arise during the duration of a Field Trip. If a student requires assistance regarding their safety, I will endeavour to assist them and notify the tutor of the situation.

If any of the information I have given below changes, I will contact the Programme Administrator and complete a new form.

Transport:

I will ensure that I arrange transport to and from Field Trip activities. (Please discuss this with the tutor or administration staff well in advance of the off-campus activity.)

Venue (only in the case of an excursion):

I will stay together with the group at the venue arranged by EIT | Te Pūkenga for any Field Trip, unless I have specifically requested an exemption. (This exemption needs to be in writing and must be signed off by the Programme Coordinator and your tutor.)

If an emergency should arise, my next of kin to contact is:

Name: Relationship:

Address: Home number:

..... Mobile number:

..... Work number:

Student signature: Date:

Field trips

You are responsible for keeping your personal information on this form up-to-date. If any of the information changes you are required to contact the Programme Administrator immediately and complete a new form.

If you have not completed this contract and sent it to the Programme Administrator, you will not be allowed to attend any field trips in the programme.

When you are involved in field trips as part of this programmes, a high standard of dress and behaviour are required. Relevant codes of conduct in the EIT | Te Pūkenga Student Handbook and specific rules and regulations governing the field trip or placement must be observed carefully. Failure to observe these standards may have serious consequences, including failing the course or even exclusion from the programme.

Health information

Students are reminded that in case of any health condition, they must carry their medication, are encouraged to inform the staff member in charge of the trip of what needs to be done to support them, and what to do in case of an emergency.

The details on the following **Student Health Profile And Consent To Participate Form** are to be completed and returned to your tutor, Programme Administrator or Programme Coordinator immediately and will need to be updated as and when any circumstances change that may impact on your participation during field trips.



NZ Certificate in Exercise (Level 5)

Student Health Profile and Consent to Participate Form

EIT | Te Pūkenga requires you to provide the following health information.

This information is confidential and will enable EIT | Te Pūkenga to provide you with appropriate support and help us meet our Health and Safety obligations.

Student name: Medic alert number:
(if applicable)

1. Please tick if you have any of the following:

- | | | |
|--|--|---|
| <input type="checkbox"/> Migraine | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Travel sickness | <input type="checkbox"/> Fits of any type |
| <input type="checkbox"/> Chronic nose bleeds | <input type="checkbox"/> Heart condition | <input type="checkbox"/> Dizzy spells |
| <input type="checkbox"/> Colour blindness | <input type="checkbox"/> ADHD | |

Other (please specify):

.....

.....

For overnight events:

- | | |
|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Sleepwalking | <input type="checkbox"/> Insomnia |
|---------------------------------------|-----------------------------------|

2. Are you currently taking medication? Yes ☐ No ☐

If YES, please state: Health condition/s:

.....

Name of medication/s:

.....

Dosage and time/s to be taken:

.....

Other treatment:

.....

3. Is a health plan required? Yes ☐ No ☐

Have you had any major injuries (breaks or strains) or illness (glandular fever, COVID, etc) in the last six months that may limit full participation in any activities?:

- | | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

Continued over page

If YES, please state the injury/illness:

.....

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.....

.....

4. Are you allergic to any of the following?

	Yes	No	Please specify
Prescription medication	<input type="checkbox"/>	<input type="checkbox"/>
Food	<input type="checkbox"/>	<input type="checkbox"/>
Inset bites/stings	<input type="checkbox"/>	<input type="checkbox"/>
Other allergies	<input type="checkbox"/>	<input type="checkbox"/>

What treatment is required?:

.....

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.....

5. When was your last tetanus injection?

.....

6. Outline any dietary requirements:

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7. To the best of your knowledge, have you been in contact with any contagious or infectious diseases in the last four weeks?

☐ Yes ☐ No

If YES, please give brief details:

.....

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.....

8. Is there any information the staff should know to ensure your physical and emotional safety? (For example, cultural practices; disability; anxiety; about heights/darkness/small spaces; pregnancy; behaviour or emotional problems)?

☐ Yes ☐ No

If YES, please state or attach the information:

.....

.....

.....

.....

9. Agreement and Signature - please tick each box and sign below.

- ☐ I agree to myself receiving any emergency medical, dental, or surgical treatment, including anaesthetic or blood transfusion, as considered necessary by the medical authorities present.
- ☐ Any medical costs not covered by ACC, or a community service card, will be paid by me.
- ☐ If I am involved in a serious disciplinary problem, including the use of illegal substances and/or alcohol, or actions that threaten the safety of others, I will be sent home at my expense.
- ☐ I note that EIT | Te Pūkenga does not carry insurance for personal property that may be damaged, lost or stolen during the programme.
- ☐ I am aware that the programme operates with an ethos of personal choice. I understand that I have the choice to step back from any programme activity should I feel my physical, emotional, and/or cultural safety may be compromised.

Student name:

Student signature: Date: