

2024

**Fee free**  
Enrol now



# NZ Certificate in Foundation Skills (Exercise and Wellbeing)

## Level 2

Gain the confidence and skills to pursue further study in the exercise and wellbeing fields.

This programme will give you what you need to continue onto the NZ Certificate in Sport, Recreation and Exercise (Level 3).

Location	Maraenui Learning Centre
Start	February and July
Length	17 weeks full-time
Contact	Sue Jackson Phone: 06 830 1521 Email: <a href="mailto:sjackson@eit.ac.nz">sjackson@eit.ac.nz</a>



TE AHO A MĀUI



Te Pūkenga

For NZ Citizens and Permanent Residents

# Go places with a solid foundation of skills and knowledge

This programme will involve practical exercise and experience alongside community services. It provides you with an introduction to the exercise and wellbeing fields.

Tasks or activities may include:

- Increasing knowledge in exercise and nutrition
- Using community services
- Planning an event
- Improving your digital literacy
- Delivery and design of an exercise programme

You are welcome to make an appointment to talk to a teaching staff member or Programme Coordinator about this programme and to view our facilities.

## Career and study opportunities

The NZ Certificate in Foundation Skills (Exercise and Wellbeing) (Level 2) is aimed at preparing you for further studies in the NZ Certificate in Sport, Recreation and Exercise (Level 3).

## Timetable

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

### Contact time

On-campus classes are usually scheduled between 9.00am-2.30pm, Monday to Thursday.

### Non-contact time

You should plan to spend 15 hours of individual study per course per week including scheduled classroom time.

## Entry requirements

This is an open entry programme which means no formal qualifications are required. You must be aged 16 or over and you are required to have a reasonable reading level in order to cope with the programme and to carry out written instruction.

### 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 learner, to make sure the programme is right for you.

## Literacy and numeracy skills

A literacy and numeracy assessment is part of the preparation for all level one to three programmes. This is a national requirement from the Tertiary Education Commission (TEC). This information gives your tutors information on what you already know to help them provide the help that you may need in your studies.

There are two assessments. The first assessment will take place within the first three weeks of the programme. The second will be a week or two before you finish the programme. This final assessment will show how you have improved with your Literacy and Numeracy skills.

There will always be a tutor to help you when doing the assessment. The most important thing to know about this assessment is that you cannot fail. You will merely get information on your literacy and numeracy skills. The result will not have an impact on any of your assessment marks in your course work.



## NZ Certificate in Foundation Skills (Exercise and Wellbeing)

Level 2, 60 credits



Maraenui Learning Centre



Full-time:  
17 weeks



Fee:  
Visit [fees.eit.ac.nz](https://fees.eit.ac.nz) to see the fees for this programme

### Assessments

The NZ Certificate in Foundation Skills (Exercise and Wellbeing) (Level 2) programme has been designed around task-based learning. Assessments include practical demonstration of skills using Google Drive.

### Facilities

This programme is taught in a classroom at Maraenui Learning Centre and in the exercise space of the Maraenui Shops Reserve. The programme also links other community groups.

### Experienced lecturers

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

EIT | Te Pūkenga 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.

### Programme information

You will be introduced to a range of subject areas and practical skills that can help you get into further study or entry level work.

### Course descriptions

NB: Offerings are subject to enrolments.

Course no.	Brief description	NZQA level	No. of credits
FSK2.02	<b>Self - Rapu Ora</b> To enable learners to increase awareness of self and others in a familiar context.	2	15
FSK2.34	<b>Active Learning - Rapu Pūkengatanga 3</b> To enable learners to identify and progress towards future educational and employment goals.	2	15
FSK2.33	<b>Pathways - Ara Hou</b> To enable learners to develop contextualized skills to participate effectively in future education or employment.	2	15
FSK2.01	<b>Essential Skills - Tuapapa</b> To enable learners to develop a range of communication and interpersonal skills to participate effectively within society.	2	15



### 2024 Key dates

#### Intake one

Starts: Monday, 19 February  
Year ends: Thursday, 27 June

#### Intake two

Starts: Monday, 22 July  
Year ends: Friday, 29 November

#### Semester breaks

15-26 April  
1-19 July  
30 September-11 October

### EIT is now part of Te Pūkenga

Te Pūkenga brings together New Zealand's Institutes of Technology, Polytechnics, and Industry Training Organisations to build a network of on job, on-campus and online learning. The services we offer not only remain, they are strengthened by being part of the extensive Te Pūkenga network around the country. Your enrolment for study in 2024 will see you enrolling with Te Pūkenga and becoming part of the extensive Te Pūkenga network around the country.

### The experience you need & the support to succeed

When you study at EIT | Te Pūkenga 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.

# How to enrol

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

## Step 1

Check out [eit.ac.nz](http://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 | Te Pūkenga. 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 out.

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](http://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](http://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](http://studylink.govt.nz) to find out more about StudyLink.

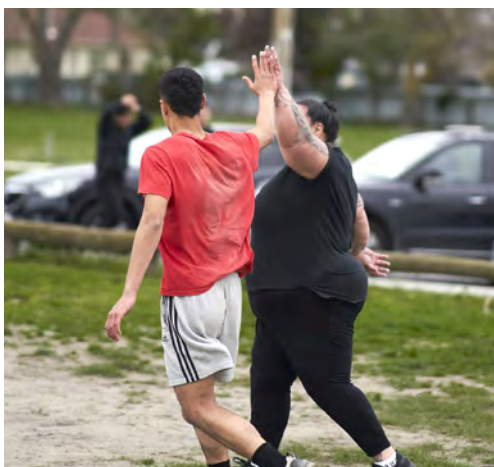
## Student services levy

The student services levy is a compulsory non-tuition fee that is charged to students enrolled at EIT | Te Pūkenga. The levy is to contribute to the provision of quality student services that support learning. The funds received by EIT | Te Pūkenga 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](http://studylink.govt.nz).



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