Course Details

The New Zealand Certificate in Exercise Level 4 was developed by Open Polytechnic NZ and is delivered in partnership with Move Academy. On completion, you will receive NZQA accreditation and be eligible to register with REPS, and therefore work as a personal trainer in New Zealand.

MOVE Academy Program Offer:

With this program, you'll have the opportunity to explore new horizons and make a meaningful impact in the health and wellness industry. You'll be equipped with the skills and knowledge to succeed as a personal trainer and create a fulfilling career for yourself. We're excited to partner with you on this journey and help you reach your goals."

Overview of Course:

Our course is the NZ Certificate in Exercise (Level 4), which is accredited by NZQA and recognized by REPs and IICT worldwide. This qualification will allow you to work as a personal trainer (PT) in New Zealand and abroad.

The course includes three modules covering anatomy, physiology, exercise science, nutrition, business, and marketing.

We also offer membership to our online Health and Wellness Hub, which includes weekly webinars, fitness classes, and a six-week wellness program.

We have partnered with leading gym chains in New Zealand to provide work placements and employment opportunities for our students.

We offer subsidised gym memberships and practical training components in addition to the theory components provided by Open Polytechnic.

Funding Option:

The first third of the course EXE401 is offered free by Open Polytechnic. The following two thirds 402 & 403 are $1,004 each and payment is not due until the completion of 401. Studylink can assist with a student loan.

Government-funded (TEC) fees-free option, which means the entire course is subsidized by the government.

Course Structure:

The complete NZ Certificate in Exercise (Level 4) qualification consists of three 16-week blocks.

Block 1: Fundamentals of Exercise Delivery (16 weeks) - included in our complimentary program

Block 2: Delivering Exercise Programmes (16 weeks) - available through government fees-free funding or student loan

Block 3: Becoming an Exercise Professional (16 weeks) - available through government fees-free funding or student loan

When you complete each 16-week block, you will receive an enrollment link to enroll in the next block.

Upon completion of all three blocks, you will earn the NZ Certificate in Exercise (Level 4) qualification and be able to work in the health and fitness industry, including starting your own PT business.

Enrollment Process:

To determine your funding options for the remaining two blocks, we will need your National Student Number (NSN). Based on your eligibility, you can decide whether to enroll in the next block or not. There is no obligation to continue.

You will receive an email from Open Polytechnic to enroll in Block 1 - Fundamentals of Exercise Delivery, which is the theory component of the qualification. This email will contain information on the enrollment process and any required documentation.

The next start date for Block 1 is the first Monday of the following month. If you do not receive the email, please check your spam folder.

Once you meet Open Polytechnic's entry requirements, you will receive an offer of study that you will need to accept.

After enrolling in Block 1, you will receive further instructions on how to access your course materials.