

BECOME A PERSONAL TRAINER

NEW ZEALAND CERTIFICATE IN EXERCISE (LEVEL 4) NZ3563

Where Fitness becomes a Career

exercise academy
BY THE SCHOOL OF BUSINESS

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School of Business Ltd Education Organisation Number 7577
trading as Exercise Academy

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New Zealand Certificate in Exercise (Level 4)

Learn to help people reach their health, wellness and fitness goals

This qualification provides you with the skills and knowledge to deliver exercise instruction to individuals, groups and communities and succeed in the health, wellness and fitness industry once you graduate.

Qualification Code NZ3563	
Level - 4	Credits - 60
Workload	Allow 10 - 15 hours per week Your workload may be higher around assessment due dates
Study Type	Online
Time	20 Weeks

What you will learn

When you achieve this qualification you will be able to:

- Deliver safe and effective exercise programmes, including pre-screening within own scope of practice and code of ethics
- Apply knowledge of anatomy and physiology to adapt and deliver safe and effective exercise programmes to individuals
- Adapt programmes using exercise science and testing
- Conduct pre-screening and testing
- Apply motivational and communication techniques to enhance individual participant commitment to a personalised exercise programme
- Apply a health and wellness framework and evidence-based nutrition principles to support a personalised exercise programme and recommend referral pathways to allied health professionals
- Use marketing and business tools and techniques to support business practices as an exercise professional

The learning will be a combination of online learning including review of resources and lessons, webinars and practical activities.

Once you achieve this qualification, you will be eligible to register with the New Zealand Register of Exercise Professionals

Qualification structure

To achieve this qualification students need to successfully complete the below modules

Module	Module Name
1	Working in the Fitness Industry
	Preparing for your Client: Foundations of Safe and Effective Practice
2	Creating Client Programmes
3	Understanding your Clients
	Adpating for Success
	Your Future Path: Business Planning

Career Opportunities

This qualification will prepare you for a career as an exercise consultant, personal trainer in a fitness facility or as a self-employed personal trainer, community exercise instructor, team-training instructor or gym instructor. Work in a gym or for yourself helping clients achieve their heath and fitness goals.

How to apply

We have an easy application process that we can go through with you either over the phone, or send you a link that you can complete yourself.

Please contact us to get you started in an industry that you most likely have been part of for some time. Stop sitting on the sidelines, get involved and start helping others.



www.exerciseacademy.ac.nz + 64 9885 5978 info@exerciseacademy.ac.nz

Personal trainers usually earn between $45 and $90 an hour.

Self-employed personal trainers can earn between $50 and $120

source: Careers.gov.nz



Entry requirements
To enrol in this programme, applicants should meet the following criteria:

- Be 18 years of age or older
- Academic: Completion of NCEA Level 2 (Year 12) or an equivalent secondary school qualification. OR
- Work Experience: Minimum of two (2) years of documented, relevant work experience. OR,
- Alternative Entry: Applicants who do not meet the academic or work experience criteria will be required to undertake a Literacy, Language, and Numeracy (LLN) assessment to ensure they have the academic capabilities to succeed in this Level 4 programme.

Practicum and Access to Fitness Facility
As part of this qualification, you will be required to undertake practical assessments in a gym/ exercise facility. The practical assessments will be used to apply the knowledge that you will gain within the program and ensure that you will be able to confidently and safely deliver training to clients.

We will work with you to establish suitable arrangements for you to engage in your practicum placement. If you already have access to a suitable gym facility then you may wish to establish arrangements with this gym yourself. If you don't have access to gym facilities then Exercise Academy will work with our industry stakeholders and partners to establish suitable arrangements with you.

Programme Fees and Costs
Full fee information for the NZ Certificate in Exercise (Level 4) is available at:
www.exerciseacademy.ac.nz/international-students
This includes:

- Tuition fees
- Non-tuition fees
- Materials or equipment costs (e.g., gym access for practicum, suitable exercise clothing)
- Any compulsory charges
- Refund conditions (link provided on the website)

Fees are reviewed annually. Learners will receive a detailed breakdown of all costs in their Letter of Offer – International before enrolment.

Computer and online access
To complete this programme you will need access to a computer, reliable internet connection and a data plan able to support online learning such as streaming of videos (including YouTube), downloading content, and writing and submitting online assessments. The School of Business can offer technology for use while on campus.

If you are unsure if your current computer or internet access allows you to complete your online learning with us, please contact us before applying to enrol.

The fitness industry has expanded as more New Zealanders pursue the health benefits of an active lifestyle.



Projected from international data; by 2035, New Zealand could need 6,700–9,000 personal trainers, depending on whether demand grows at half or full pace of the global industry rate. That's a 30–80% workforce expansion in 10 years.

Source: https://www.congruencemarketinsights.com/report/personal-fitness-trainer-market

Call us to start your journey in this exciting industry - help other achieve their health and wellness goals.

Call us today on +64 9885 5978

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