

7. PROGRAMME REGULATIONS

New Zealand Certificate in Exercise (Level 5) (NZCEX)

To be read in conjunction with associated Policies and Procedures.

These programme regulations apply to the New Zealand Certificate in Exercise (NZCEX) programme, which leads to the award of New Zealand Certificate in Exercise (Level 5) qualification, (60 Credits) [Ref:3564-2].

These regulations come into effect from Semester 1, 2026.

1. Ngā Ture Hei Whakaurunga | Admission Requirements

To be eligible for admission to this programme, all applicants must meet three admission requirements:

- Requirements for either general admission, special admission, or discretionary admission
- Any additional Programme specific requirements
- English language requirements

1.1 Whakaurunga Whānui | General Admission

To be admitted to this programme all applicants must be at least 16 years of age on the date of the programme's commencement for the semester in which they wish to enrol (or provide a completed Early Release Exemption form), and meet the following requirements:

All applicants must have a total of at least 48 NCEA credits at level 2 in best 4 subjects;

Or

A maximum total of 20 in best 4 Sixth Form Certificate subjects;

Or

Successful completion of a relevant approved qualification at Level 3 or above, where appropriate;

Or

Equivalent

AND

All applicants must have successfully completed the NZ3563 qualification or have demonstrated equivalent skills and knowledge prior to being accepted on to this programme.

1.2 Whakaurunga Motuhake | Special Admission

Applicants must have:

- attained the age of 20 years on or before the first day of the semester in which study for the programme is to commence; and
- provided sufficient evidence of aptitude or appropriate work or other life experience that would indicate a successful outcome in the qualification.

1.3 Whakaurunga Kōwhiringa | Discretionary Admission

In exceptional cases an applicant who does not meet the general admission requirements and who has not reached the age of 20 on or before the first day of the semester in which study for the Certificate is to commence may apply for discretionary admission.

In assessing whether to grant discretionary admission in exceptional cases, the primary focus will be on the applicant's level of preparedness for study at the required level.

1.4 Whakaurunga Tautui | Programme Specific Requirements

In addition to meeting the requirements for general, special, or discretionary admission the following Programme Specific requirements all applicants must provide a completed self-declaration of medical condition(s), if any, that may prevent full participation in the programme and/or prevent registration with a regulatory authority (as applicable).

1.5 Whakaurunga Reo Pākehā | English Language Admission Requirements

	Applicants must have achieved a minimum standard of English as demonstrated by a minimum of 12 credits at NCEA Level 1 in English. International applicants must also provide evidence that they have the necessary English language proficiency required for the Programme as demonstrated through the use of evidence of one of the kinds described in NZQA Rules on the Unitec English Language Requirements for International Students Web-page.												
2. Paearu Kōwhiri Tukanga Selection Criteria & Process <i>Selection Criteria and Processes comply with Unitec’s Admission Requirements Guidelines</i>	2.1 Paearu Kōwhiri Selection Criteria When the number of eligible applicants for admission exceeds the number of places available, the following selection criteria will be applied: • possession of an excellent academic record and/or occupational history; • demonstration of motivation to complete the programme; and • demonstration of sound communication skills. Applicants who meet the maximum number of listed criteria will be the preferred candidates 2.2 Tukanga Kōwhiri Selection Process Selection will be made by Unitec staff members with the delegated authority to offer places to applicants. These staff members will select students on the basis of written information supplied on the enrolment form. At the discretion of the staff members, an interview (face-to-face or electronic) may be required. A list of delegated staff members is maintained by the Programme Academic Quality Committee (PAQC) responsible for the programme.												
3. Ngā Ture Hei Whakawhiwhi Tohu Mātauranga Requirements for the Award of the Programme <i>Requirements for the award of this Qualification complies with Unitec’s Programme Completion and Awards Policy and associated procedure.</i>	3.1 Whakaemi Tūtukitanga Credit Accumulation To be awarded the New Zealand Certificate in Exercise (Level 5), a student must successfully complete a minimum of 60 credits in the pattern set out in Table 1 from the courses set out in Table 2 according to their chosen pathway. Table 1: Credit Requirements for New Zealand Certificate in Exercise (Level 5) <table><tr><th>Level</th><th>Compulsory Credits</th><th>Elective Credits</th><th>Total Credits</th></tr><tr><td>5</td><td>60</td><td></td><td>60</td></tr><tr><td></td><td></td><td></td><td>60</td></tr></table>	Level	Compulsory Credits	Elective Credits	Total Credits	5	60		60				60
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Table 2: Course Details – Courses for New Zealand Certificate in Exercise

All courses are compulsory. Compulsory courses are shown in **bold**.

Course No	Course Name	Credits	Pre- requisites	Co-requisites	Restrictions
Level 5					
SPOR5100	Contemporary Learning Options	15	None	None	
SPOR5104	Concepts of Sport & Exercise Science	15	None	None	
SPOR5106	Initiatives for Health and Fitness	15	None	None	
SPOR5107	Introduction to Exercise	15	None	None	

3.2 Mahi Waehanga Pāhekoheko | Integrated and Work-based components

All students must comply with the Work Based Learning: Internship/Industry Placement requirements for specific courses, as defined in course materials.

Students will typically complete an average of 2.1 hours of work-based learning per week.

3.3 Mahi Akoranga I A Wāhanga | Course Load per Semester

	The normal full-time course load is 60 credits per semester. 3.4 Whakaurunga Takiwā Enrolment Periods a. The normal enrolment period is 1 semester (full-time study) or 2 semesters (part-time study). b. Students who are prevented by ill health, or other cause, from completing the programme requirements within the maximum period of enrolment, the relevant academic authority may approve suspension of enrolment for up to a maximum of 1 semester. c. The maximum period to complete this Programme is 3 years.																																																
4. Tūtukitanga Whakamihi Credit Recognition <i>Credit Recognition regulations comply with Unitec’s Assessment, Moderation and Grades Policies and procedures.</i>	4.1 Whakawhiti Tūtukitanga Cross Credit a. Credits will not be awarded for successful study that took place more than 5 years prior to the date of first enrolment in the programme. b. A student may be awarded credits or exemptions in recognition of successful equivalent study, at the same or a higher level in the context of another programme. c. The credit recognition may be: i. specified, where there is direct equivalence of the learning outcomes of a completed course and a course in the programme; or ii. unspecified, where the previous study has taken place in a programme with a similar philosophy but there is no exact match in the programme’s courses. 4.2 Aromatawai Tōmua Assessment of Prior Learning (APL) Assessment of Prior Learning is available for all courses in this programme. APL decisions will be made on a case-by-case basis under the Unitec Assessment of Prior Learning Procedure. 4.3 Ngā whakawhitinga Credit Transfer A student may receive credit in recognition of successful completion of the same course in a different programme.																																																
5. Waeture Aromatawai Assessment Regulations <i>Assessment Regulations comply with Unitec’s Assessment, Moderation and Grades Policies and procedures.</i>	5.1 Paparahi Aromatawai Assessment Basis Assessment in this programme is achievement based using an 11-point grading. To pass and receive credit for any course, students must attempt all compulsory assessment activities, achieve a minimum of 50%, and meet all learning outcomes. 5.2 Ākoranga Taumata Course grades Course grades will be determined by the mathematical aggregation of weighted assessment marks and reported according to the following scales. Participants must obtain at least 50% overall score in order to pass achievement-based assessment. Table 3: Achievement based 11-point assessment system <table><tr><th>Grade</th><th>Meaning</th><th>Result</th><th>Percentage</th></tr><tr><td>A+</td><td>Distinction</td><td>Credits Earned</td><td>90 – 100</td></tr><tr><td>A</td><td>Distinction</td><td>Credits Earned</td><td>85 – 89</td></tr><tr><td>A-</td><td>Distinction</td><td>Credits Earned</td><td>80 – 84</td></tr><tr><td>B+</td><td>Merit</td><td>Credits Earned</td><td>75 – 79</td></tr><tr><td>B</td><td>Merit</td><td>Credits Earned</td><td>70 – 74</td></tr><tr><td>B-</td><td>Merit</td><td>Credits Earned</td><td>65 – 69</td></tr><tr><td>C+</td><td>Pass</td><td>Credits Earned</td><td>60 – 64</td></tr><tr><td>C</td><td>Pass</td><td>Credits Earned</td><td>55 – 59</td></tr><tr><td>C-</td><td>Pass</td><td>Credits Earned</td><td>50 – 54</td></tr><tr><td>D</td><td>Fail</td><td>No Credits Earned</td><td>40 – 49</td></tr><tr><td>E</td><td>Fail</td><td>No Credits Earned</td><td>0 – 39</td></tr></table> 5.3 Paearu Taumata Grade Criteria Students may be awarded one of the following grades for a course: Table 4: Grade Criteria	Grade	Meaning	Result	Percentage	A+	Distinction	Credits Earned	90 – 100	A	Distinction	Credits Earned	85 – 89	A-	Distinction	Credits Earned	80 – 84	B+	Merit	Credits Earned	75 – 79	B	Merit	Credits Earned	70 – 74	B-	Merit	Credits Earned	65 – 69	C+	Pass	Credits Earned	60 – 64	C	Pass	Credits Earned	55 – 59	C-	Pass	Credits Earned	50 – 54	D	Fail	No Credits Earned	40 – 49	E	Fail	No Credits Earned	0 – 39
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	Grade	Meaning	Criteria
	CR	Credit Recognition	The student has applied for and been awarded a credit recognition from another qualification
	CTG	Continuing	The Course runs for more than one semester and the final Summative Assessment has not yet occurred. No Credits earned
	DEF	Deferred	The student has approval to complete a Course Assessment beyond the schedule date. Unless an exception has been approved, any Deferred Grade remaining on a student's record beyond a duration equal to that of the original course will be changed to the grade to which the Student would otherwise be entitled. No Credits earned.
	DNC	Did not Complete	The grade DNC (Did Not Complete) is recorded if a student has either withdrawn after 75% of the scheduled Course duration; or not attempted a compulsory item of Assessment within a Course. No Credits earned.
	ES	Student Exchange	The Student has completed an approved inter-institutional exchange, and it is not appropriate for another grade to be awarded. No Credits earned.
	NGA	No Grade Associated	Course assessment and reporting of results are not required for this course or are carried out by an external agency. No Credits earned
	R	Restricted Pass	The student has been awarded a restricted pass subject to Relevant clause in this schedule. Credits earned.
	W	Withdrawn	The student withdraws from a Course after 10% of the scheduled Course duration and up to, or at, the date at which 75% of the scheduled Course has passed. No credits earned.
	#	Estimated Grade	If any portion of Summative Assessment has been estimated, the final grade will be an estimated grade and annotated “#” on the Student's Academic Record.
6. Aromatawai Mahinga Assessment Procedures <i>Assessment Procedures comply with Unitec's Assessment Moderation and Grades Policies and procedures.</i>	6.1 Ākoranga Aromatawai Course Assessment Courses employ both formative and summative assessment activities. Formative assessments do not contribute to the final grade for a given course. All summative assessment elements are compulsory unless otherwise approved and noted in course information. To pass and receive credit for any course, students must attempt all compulsory assessment activities, achieve a minimum of 50%, and meet all learning outcomes. Students who do not attempt a compulsory item of assessment may be awarded a 'Did Not Complete' (DNC) for the whole course and may not earn any credits. 6.2 Aromatawai I Roto I Te Reo Assessment in Te Reo All students have the right to submit any summative assessment task in Te reo Māori. The process for submission of summative assessment work in Te reo Māori is governed by the Unitec Assessment in Te Reo Māori procedure and detailed in course material. 6.3 Tāpaetanga Tōmuri Submission and late submission of work The due dates for all summative assessment work will be notified at the commencement of each course. a. Any assessment that is submitted late (and does not have a prior approved extension) will be penalised by a deduction of 10% per day of the participants assignment mark, up to five (5) days, inclusive of weekends.		

- b. Applications for extensions must be made according to procedure noted in Student Handbooks and course documentation.
- c. Any extension will be carried out within a specified time period as agreed with the relevant academic authority and no further extensions will be granted.
- d. No assignment will be accepted five (5) days (inclusive of weekends) after the due date. If the assessment is not compulsory, the participants will receive a 'zero' grade for that assignment. If the assignment is compulsory, then the participants will receive a Did Not Complete (DNC) grade for the entire course.

6.4 Whakamātautau Anō | Resubmission or Reassessment:

A student may apply to undertake a resubmission/reassessment for a failed assessment within 5 days of receiving their marked assessment. Approval to resubmit or to be reassessed is at the absolute discretion of the relevant academic authority.

- a. Students are entitled to only one reassessment or resubmission per course.
- b. All resubmissions/reassessments will be carried out within a specified time period as agreed with the relevant academic authority.
- c. In all cases for resubmission, the original marked assignment will accompany resubmitted assignments. If resubmitted work is not accompanied by the original marked assignment, the resubmitted work will not be marked, and the original grade will stand.
- d. The maximum grade for any resubmission/reassessment of an assessment is the lowest pass grade.
- e. Assignments that are handed in late are not eligible for resubmission or reassessment.

6.5 Āhutatanga Aromatawai Motuhake | Assessment Concession:

A student may apply for an Assessment Concession (AC) if:

- The student is unable to attend an examination, compulsory assessment or fixed time and place assessment activity due to illness, injury, bereavement or other critical circumstances
- The student's preparation for, or performance in an examination or any summative assessment has been seriously impaired due to circumstances beyond their control

Applications for APC are made by a student within 5 working days of the affected assessment event. Decisions to approve an APC and to apply any remedy are made according to the Assessment and Grading Procedures and Regulations.

6.6 Pāhi Rāhui | Restricted Pass

A restricted pass may be awarded in a course which was narrowly failed and where there is ample evidence that marginal failure is compensated by good overall performance.

- a. A restricted pass is awarded at the discretion of the relevant academic authority and may not be applied for directly by a student.
- b. The relevant academic authority may, at their discretion, use a restricted pass to:
 - set conditions for future performance in other courses;
 - prevent a student from using a restricted pass to meet the prerequisite requirements of another course.
- c. A student may decline the award of a restricted pass by notifying the relevant academic authority in writing not later than 20 working days from notification of the results.

6.7 Tuaruatanga | Repeating Courses

Students who are repeating a Level 1–8 course would normally be required to submit all assessment items. In some cases, with the prior approval of the relevant academic authority, students may not be required to repeat an equivalent assessment item that they had previously passed. This should be negotiated within the first two weeks of the commencement of the course and will specify any course grade that will be carried over.

Students may enrol and repeat a course that they have failed only once. Permission to enrol for a third time is governed by Exclusion provisions below.

6.8 Whakakorenga | Exclusions

	No student will be allowed to enrol in any course more than twice unless there are exceptional circumstances approved by the relevant academic authority. - Any Student who fails to achieve at least 50 per cent of the credits that he or she is enrolled in in any 12-month period may be excluded by the relevant Academic Authority from re-enrolling in any further courses. The decision whether students can re-enrol in further courses will be based on a student's likelihood of succeeding in further study and will be made by the relevant Head of School. - When calculating the 12-month period in a. above, Unitec reserves the right to include any relevant time spent by the Student studying at another tertiary institution. - A Student who has not achieved a Pass Grade in the same Course on two occasions shall not be enrolled again for that Course except with the permission of the relevant Academic Authority. - The relevant Academic Authority will advise the Student in writing of their decision, and the reasons for such decision, and any orders made. 6.9 Examination Regulations There are no formal examinations in this programme. 6.10 Tono Pira Appeals Students may appeal the decisions made under these regulations in accordance with the Student Appeal Procedure.
7. Whakaritenga Whānui General Provisions	7.1 Whakamāramatanga ā-kaupapa Definition of Terms In these regulations, unless the context otherwise requires, the following definitions shall apply: 'Relevant academic authority' refers to an individual or role holder, or in some cases a committee, who have been delegated the authority to make a decision within a specific circumstance. A schedule of the various relevant academic authority delegations are maintained by the Programme Academic Quality Committee responsible for the Programme. 7.2 Āhutatanga Tauwhirowhiro Ritenga Transitional Arrangements Students who have been enrolled in the <i>Diploma in Sports and Fitness</i> programme who have not yet completed their programme by that programme's closure date are able to transfer their existing achievement to this programme within 5 years on a case - by - case basis. Students currently enrolled in programmes leading to version 1 of this qualification may either complete version 1 before 31 December 2025 or transfer to version 2. It is anticipated that no existing candidates will be disadvantaged by these transition arrangements. 7.3 Hōtaka Whakarerekē O Ngā Āhutatanga Ako Modified Programmes of Study Modified programmes of study may be employed to allow transitioning students to achieve the award of this qualification by undertaking a modified set of courses which may differ from those specified in 3.1 above. Any modified programme of study will be negotiated with each student to ensure that they meet the graduate outcomes of this programme