

Nau Mai! Haere Mai!

Unitec Orientation



Programmes	NZCX - NZ Certificate in Exercise (Level 4)
School	Community Studies
Date	Tues 24 February 2026

Tuesday 24 February

Time	Activity	Location
8:30	Students arrive Anna +1	Outside front of building 111
8:40 - 10:00	Staff intros, whakawhanangatanga - L4 & L5 All staff	182-1003
10:00 - 10:30	Morning tea (provided)	182-1003
10:30 - 11:30	Intro to EXE4001 Anatomy and Physiology Duncan and Emma	112-4009
11:40 - 12:40	Intro to EXE 4003 Nutrition and Lifestyle Andy	182-2002
12:45 - 1:30	Pōwhiri All staff	Te Noho Kotahitanga Marae

Wednesday 25 February

Time	Activity	Location
8:30 - 10:30	EXE 4004 Exercise Professional Practice	114-2011
10:30 - 11:00	Break	
11:00 - 1:00	EXE4001 Anatomy and Physiology	112-4009

Thursday 26 February

Time	Activity	Location
12:30 - 1.30	EXE4001 Anatomy and Physiology	On line tutorial

Friday 27 February

Time	Activity	Location
------	----------	----------



9:30 - 10:30	EXE 4004 Exercise Professional Practice	On line tutorial
--------------	---	------------------

For useful information to help you get the best start to studying with us visit unitec.ac.nz