

Nau Mai ! Haere Mai !

Unitec Orientation



Programmes	NZCX - NZ Certificate in Exercise (Level 4)
School	Community Studies
Date	Tues 21 July 2026

Tuesday 21 July

Time	Activity	Location
8:30	Students arrive	Outside front of building 111
8:40 – 10:00am	Staff intros, whakawhanangatanga – L4 & L5	115-2009
10:00 – 10:30am	Morning tea (provided)	115-2009
10:45 – 12:45pm	Intro to EXE4004 Exercise Professional Practice	114-2009
12:45pm	Meet at Marae entrance	Te Noho Kotahitanga Marae
1:00pm	Pōwhiri	
1:45-3:00pm	Intro to EXE4001 Anatomy and Physiology	112-4003

Wednesday 22 July

Time	Activity	Location
10:30 – 12:30	EXE 4001 Anatomy and Physiology	182-2001
12:30 – 1:00	Break	
1:00 – 3:30	EXE4003 Nutrition and Lifestyle	114-4005

Normal timetable resumes on Wednesday 22 July.