

Nau Mai ! Haere Mai !

Unitec Orientation



Programmes	NZCX - NZ Certificate in Exercise (Level 4)
School	Community Studies
Date	Mon 20 and Tues 21 July 2026

Monday 20 July		
Time		Location
8.30	Students arrive	Outside building 111
8.40-9.45	Welcome to Unitec	112-4025
9.45 -11.00	EXE4001 Anatomy and Physiology	182-3001 and Exercise Lab
11.00 -12.00	Break	
12.00 -3.00	EXE4003 Nutrition and Lifestyle	115-2020

Tuesday 21 July		
Time	Activity	Location
10:30 – 12:30pm	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 and Exercise Lab

Normal timetable resumes on Wednesday 22 July.