TE MAHI AKO

START YOUR JOURNEY IN THE EXERCISE INDUSTRY

Exercise Fundamentals (Micro-credentials) (Level 4)

www.temahiako.co.nz



This 15-week programme gives you the skills and confidence to deliver safe, effective, and engaging exercise sessions for healthy participants. You'll develop core coaching and communication skills, learn key exercise principles, and gain real experience in a supervised fitness environment.

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Who is this qualification for?
This micro-credential is ideal for:
- People looking to start a career in the exercise industry
- School leavers or career changers
- Community exercise leaders or volunteers wanting to upskill
- Staff working under supervision in gyms, studios, or recreation facilities.

What's involved for the learner?
You'll study online while working in an exercise or fitness setting, with practical assessments completed on the job under the guidance of a qualified mentor.

Module 1: Pre-screen, warm-up and cool-down (5 weeks)
Learn to prepare participants for safe, effective exercise through pre-screening, warm-up, and cool-down routines. You'll learn how to:
- Apply exercise principles and components of fitness
- Build rapport and communicate respectfully
- Deliver safe warm-up and cool-down sessions.

Module 2: Develop an exercise experience (10 weeks)
Plan and deliver exercise sessions that motivate and engage participants.
- Apply functional anatomy in practice
- Adapt exercises for different abilities
- Deliver and reflect on a 45–60 minute session
- Build confidence as an exercise coach.

Entry requirements
You'll need to be employed by or associated with a fitness facility and work under the supervision of a qualified exercise professional who can complete your on-job observations.

You must be able to demonstrate safe and competent practice within a fitness or exercise environment.

Learning and assessment
- 15 weeks total, completed while you work
- Online learning modules and workplace assessments
- Support from your assessor and workplace mentor.

Key learning outcomes
By the end of this micro-credential, you'll be able to:
- Deliver safe and effective exercise sessions
- Communicate clearly and coach confidently
- Apply exercise science and functional anatomy
- Demonstrate inclusive and professional practice.

REPs NZ Register of Exercise Professionals

By completing this qualification, you will be eligible to register with the New Zealand Register of Exercise Professionals (REPs).

Not sure how to get started?
Get in touch with one of our regional learner advisors.

www.temahiako.org.nz | info@temahiako.org.nz | 0508 475 455

Te Mahi Ako supports individuals to develop themselves through real-life learning within businesses, iwi and communities.