

# Tākaro

## **Certificate in Tākaro, Sport & Exercise**

### Level 4

Take the first steps towards a career in the fitness industry as a professional fitness coach, instructor, or personal trainer.

Tākaro, Sport and Exercise combines two qualifications into one programme: the Certificate in Exercise and the Certificate in Sport and Recreation.

As well as maintaining your fitness and learning how to assist others with their fitness goals, what makes our programme different is it's taught in a wānanga where you'll also learn a range of ngā taonga tākaro - traditional Māori games.

When you graduate, you'll be eligible to register with the New Zealand Register of Exercise Professionals.

**Find out more**

0800 355 553 | [twoa.ac.nz/cert-takaro](https://twoa.ac.nz/cert-takaro)



## Entry Criteria

To enrol in this programme, a potential student must:

- › be at least 16 years of age
- › be a New Zealand citizen (or citizen of Australia, Tokelau, Niue, Cook Islands) or permanent resident
- › reside in New Zealand
- › attend an interview

## Qualification Awarded

When you pass this programme, you'll get these qualifications:

- › New Zealand Certificate in Exercise Level 4
- › New Zealand Certificate in Sport and Recreation Level 4



March  
2022



38  
weeks



Fees  
apply



120  
credits

## Fees

Fees are payable for this programme. We will confirm the fees for this programme on our website in approximately November 2021.

### Are you eligible for fees-free study?

First-time tertiary students studying fee paying programmes may be able to study fee free. Find out if you're eligible at [feesfree.govt.nz](https://feesfree.govt.nz)

## Potential Pathway

### I want to keep studying

To progress your studies in sports and fitness you might want to consider a Level 5 qualification with another tertiary provider.

### I want to use my qualification

You could work in roles such as: an exercise consultant, community exercise instructor, team training instructor, or personal trainer. You could also go into paid work or be in a voluntary role in programme delivery and coordination roles in sport and recreation.

## Locations

See our website for up-to-date locations.



## Delivery & Workload

This is a full-time programme that consists of 120 credits delivered over 38 weeks. Throughout the programme you will be required to attend:

- › 4 x 5-hour kura whakaako - compulsory classes per week
- › 1 x noho (23 hours)

In addition to these, you'll be expected to complete learning activities designed to enhance your learning for approximately:

- › 13 hours per week

Tauira will need to engage in the Te Wānanga o Aotearoa digital platform I-Akoranga throughout the programme. Internet access and a digital device is needed to enhance the tauira learning experience.

**Find out more**

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## Kōnae Ako (Learning Modules)

### Kaitiakitanga

30 Credits

Kaitiakitanga in this context is the constant acknowledgement that participants at any time and place are always engaged in relationships with others, their environments and kaupapa. In this kōnae ako (module), tauira (students) will explore kaitiaki obligations in relation to:

- › ko wai au and hauora (who am I and health and wellbeing)
- › the kaupapa of ngā taonga tākaro
- › personal and professional goals
- › warm up and cool down training

### Āhurutanga

30 Credits

Āhurutanga in this context is the constant acknowledgement that quality spaces must be claimed and maintained to enable activities to be undertaken in an ethical and meaningful way. In this kōnae ako tauira will explore āhurutanga obligations in relation to:

- › ngā taonga tākaro
- › whānau engagement with hauora
- › wairua (spirit), hinengaro (mind), tinana (body) and training



## Total Credits

120 Credits

## Koha

30 Credits

In this context, Koha is the constant acknowledgement that valued contributions are given and received responsibly. In this kōnae ako, tauira will explore koha obligations to tinana, hinengaro, wairua, whānau in relation to:

- › ngā taonga tākaro
- › hauora programmes
- › industry requirements
- › group training

## Mauri ora

30 Credits

In this context Mauri Ora is the constant acknowledgement that pursuit of wellbeing is at the core of all kaupapa and activities. In this kōnae ako, tauira will explore mauri ora obligations to tinana, hinengaro, wairua, whānau in relation to:

- › individual exercise programmes
- › business practices
- › a national tākaro hui