

**Qualification Title:** New Zealand Certificate in Exercise (Level 4)

**Qualification number:** 3563

**Date of review:** 30-31 March 2022

This report refers to graduates awarded this qualification prior to: **31 December 2021**

**Final decision on consistency of the qualification: National consistency is confirmed**

**Threshold:**

The threshold to determine sufficiency with the graduate profile was determined as evidence of the following statement:

Graduates can work safely to adapt, deliver and support apparently healthy and/or common at-risk populations, by adhering to exercise routines; and consult and refer clients where appropriate; under broad guidance and support. Graduates can apply broad physiology and anatomy, exercise psychology, nutrition, and business fundamentals. Graduates are able to apply a holistic and culturally appropriate health and wellness framework in their work.

**Education Organisations with sufficient evidence**

The following education organisations have been found to have sufficient evidence.

MOE Number	Education Organisation	Final rating
6009	UCOL	Sufficient
6025	Toi Ohomai Institute of Technology	Sufficient
6007	Eastern Institute of Technology	Sufficient
8129	Skills Active Aotearoa Ltd	Sufficient
6006	Ara Institute of Canterbury Ltd	Sufficient
6022	Open Polytechnic of NZ Ltd	Sufficient
6010	Manukau Institute of Technology Ltd	Sufficient
8661	New Zealand Management Academies Ltd	Sufficient
6017	Western Institute of Technology at Taranaki Ltd	Sufficient
9804	Network for Fitness Professionals Ltd TA NetFit	Sufficient
9328	Skills Update Ltd	Sufficient
8630	Te Wānanga o Aotearoa	Sufficient
6013	Otago Polytechnic Ltd	Sufficient
6012	Northland Polytechnic Ltd	Sufficient
6019	Waikato Institute of Technology	Sufficient

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### Introduction

This qualification is a 60-credit qualification developed by Skills Active Aotearoa Ltd. The qualification is intended to provide New Zealand with graduates who have the skills and knowledge to deliver exercise instruction for individuals within the general population. Graduates will operate within a framework of health and wellness in relation to individual, group or community needs and contribute to the cultural, social and economic wellbeing of Aotearoa New Zealand. Graduates can adapt and deliver appropriate exercise programmes and will have knowledge of exercise training principles and concepts and will be eligible to register with the New Zealand Register of Exercise Professionals.

This consistency review was conducted online, over one and a half-days, with sixteen providers.

In total, there were 3,486 graduates in the 1 January 2017 – 31 December 2021 period, for this qualification.

### Evidence

The education organisations provided a range of evidence to demonstrate that their graduates met the graduate profile outcomes.

The criteria used to judge the evaluation question were:

- The nature, quality and integrity of the evidence presented by the education organisation
- How well the organisation has analysed, interpreted and validated the evidence, and used the understanding gained to achieve actual or improved consistency
- The extent to which the education organisation can reasonably justify and validate claims and statements relating to the consistency of graduate outcomes, including in relation to other providers of programmes leading to the qualification.

Examples of evidence include:

- Action plans
- Moderation plans and report samples
- Course evaluations
- Graduate surveys
- Next user feedback including employers and tutors
- Industry feedback
- Destination data
- Programme mapping matrices

### **How well does the self-assessment and supporting evidence provided by the education organisation demonstrate that its graduates match the graduate outcomes at the appropriate threshold?**

Providers with graduates of this qualification provided a range of supporting evidence and data, mostly pertaining to each of the graduate profile outcomes for the qualification. Through the presentations and submission of reports and evidence, it was apparent that there were challenges in acquiring employer and industry feedback due to the impact of Covid-19 on these workplaces, and their resourcing of staff. Where providers had fewer graduate numbers, this did not have a large impact on their response rates. However, this was not the case for

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providers with larger graduate numbers. In these cases, there was a greater reliance on graduate evidence and destination data.

Providers consistently matched their courses, learning outcomes and graduate profile outcomes to ensure applicability of learning activities. Overall, moderation included internal and external systems for pre- and post-assessment activities, and on most occasions the outcomes were favourable with clear actions for improvement following feedback.

Graduate surveys and feedback on most occasions supported preparedness and confidence in demonstrating activities toward each of the graduate profile outcomes. Across graduate surveys and employer surveys, a consistent area of weakness existed around GPO 6, marketing and business; and at times GPO 4 around communication techniques. Feedback suggests that these could be attributed to graduates not having the confidence and clarity of expectations to engage with clients. Comments from industry relating to GPO 6 regarding the marketing and business suggests that in the workplace it is typically the responsibility of specialist staff, and not that of trainers or instructors from which graduates were more likely to work in. The opportunities to apply this GPO in the workplace, were therefore limited.

Some providers initially lacked particular key information that disadvantaged their submission. Such information includes or is a combination of the absence of data pertaining to years within the review dates; minimal response rates in comparison to the total number of graduates; discrepancy in the number of graduates being reported on; and minimal evidence supporting the GPOs being met.

However, for those providers found sufficient, the self-assessment and supporting evidence supplied, demonstrates that their graduates meet the graduate outcomes at the determined threshold.

**Special Focus** (includes special focus on a strand or outcome)

None

### Issues and concerns

None

### Recommendations to Qualification Developer

To review feedback from providers on GPO 6 pertaining to the marketing and business component, in terms of appropriate levelling and expectations for learners.