

Qualification title: New Zealand Certificate in Exercise (Level 5)

Qualification number: 3564

Date of review: 23 June 2022

This report refers to all 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 graduates who, working independently, are able to:

- design exercise programmes to the industry standard and implement advanced exercise options to enhance client performance
- provide appropriate referrals and follow-up actions to address nutritional requirements as part of personalised exercise prescription
- integrate a broad range of health and wellness factors into an extended exercise intervention programme to meet client goals and objectives
- analyse and select from a range of advanced exercise options underpinned by exercise science to customise exercise assessment and programmes
- design programmes and apply exercise principles within scope of practice using understanding of the indications and contraindications for symptomatic or apparently healthy people
- develop networks with other allied professionals to support exercise client outcomes.¹

Education Organisations with sufficient evidence

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

MOE Number	Education Organisation	Final rating
8661	NZ Management Academies Ltd	Sufficient
9804	Network for Fitness Professionals Ltd	Sufficient
6019	Waikato Institute of Technology Ltd	Sufficient
6017	Western Institute of Technology at Taranaki	Sufficient
6015	Southern Institute of Technology Ltd	Sufficient
6004	Unitec NZ Ltd	Sufficient
8129	Skills Active Aotearoa Ltd	Sufficient

¹ Note that this threshold statement is drawn directly from the graduate profile outcomes of the qualification as review participants agreed that they were all relevant and of importance. The qualification is currently under scheduled review.

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6013	Otago Polytechnic Ltd	Sufficient
6007	Eastern Institute of Technology	Sufficient

Introduction

The New Zealand Certificate in Exercise (Level 5) is a 60-credit, technician-level, qualification intended to provide the New Zealand fitness and exercise industry clients, and the community with graduates who have the skills and knowledge of exercise prescription across a variety of exercise environments. Graduates 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 and will be eligible to register with the New Zealand Register of Exercise Professionals.

There have been 1060 graduates in the period 2017-2021.

There were nine education organisations with graduates, who were represented in two online consistency review meetings. One education organisation which was not required to present as they had less than five graduates, instead submitted evidence for desktop review. Education organisations deliver their programmes in off-job, on-job, and blended modes.

Skills Active Aotearoa Ltd was the qualification developer. This role has since transferred to Toi Mai Workforce Development Council who had a representative participate the online review meetings. The qualification was approved in 2015 and a scheduled review of the qualification is currently underway, facilitated by Toi Mai Workforce Development Council.

Evidence

The education organisations presented 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 organisations.
- how well the organisations have analysed, interpreted, and validated the evidence, and used the understanding gained to achieve actual or improved consistency.
- the extent to which the education organisations 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.

Evidence provided included:

- Confirmation that the education organisations had a coherent programme of study which ensured that programme components and assessment led to the graduate profile
- Evidence of internal and external moderation that assured the programme was assessed at an appropriate level

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- Records of feedback from employers and graduates, confirming that the programmes had provided students with a range of skills and knowledge aligned to the graduate profile and appropriate to a technical role in the exercise profession.

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

The education organisations submitted a range of evidence that could be triangulated to demonstrate that their graduates match the graduate outcomes at the agreed threshold. This included assessment and moderation evidence, programme to GPO alignment; graduate, next-level tutor, and employer feedback, as well as destination data.

The education organisations provided good evidence related to the alignment of their approved programmes of study with the GPOs, and of the quality and suitability of the programmes and assessments in terms of supporting graduate consistency with the graduate outcomes. The education organisations provided evidence that their programmes provided opportunities for assessment within realistic contexts aligned to the qualification.

Generally, evidence relating to moderation was strong, demonstrating good internal and external moderation processes.

Graduate and employer engagement supported the premise that graduates had gained, and were using, the skills and knowledge outlined in the graduate profile or that they were working in roles that required the application of skills and knowledge required by the graduate profile.

Many graduates had stair-cased to higher level study. Next level tutor's feedback specifically aligned to the GPOs would have provided strong evidence.

None of the providers had specifically determined whether graduates had been accepted for inclusion on the New Zealand Register of Exercise Professionals (REPs) although several noted that they assumed so, as REPs registration is required by most of the fitness centres that graduates are working in.

Overall, the self-assessment and supporting evidence supplied by the education organisations demonstrates that their graduates meet the graduate outcomes at the determined threshold.

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

None

Examples of good practice

Most education organisations presented well-organised, relevant, and clearly analysed evidence that was triangulated between programme information, graduate and employer feedback data.

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Issues and concerns

None

Recommendations to Qualification Developer

Feedback from graduates indicated that most were in self-employment / contractual situations and therefore, some financial and management training / study in relation to this in the programme would be useful. In fact, several education organisations were providing this in addition to the GPOs. Toi Mai is aware of this and will consider it as part of the forthcoming qualification review.