

National Certificate in Fitness (Personal Training Business Skills) (Level 4)

Level 4

Credits 50

This qualification has been **reviewed**. The last date to meet the requirements is **31 December 2020**.

This qualification is replaced by the New Zealand Certificate in Exercise (Level 4) [Ref: 3563].

For detailed information see [Review Summaries](#) on the NZQA website.

Transition Arrangements

The last date for entry into programmes leading to this qualification is 31 December 2018.

People currently working towards this qualification may complete its requirements by the date specified above or transfer to a programme of study or training leading to the replacement qualification.

It is anticipated that no existing candidates will be disadvantaged by these transition arrangements. However, anyone who feels that they have been disadvantaged may appeal to Skills Active Aotearoa at the address below.

NZQF National Qualification Registration Information

Process	Version	Date	Last Date for Assessment
Registration	1	September 2007	December 2020
Revision	2	December 2009	December 2020
Review	3	February 2017	December 2020

Standard Setting Body

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Credits	50

Purpose

This qualification is designed to recognise both the technical exercise competence and the business understanding required to operate a personal training business within a fitness enterprise in New Zealand. Graduates will be aiming to work as personal trainers charging for their work as part of the employed personal training group at a fitness facility.

The structure of the qualification is focused on the business skills required to be a successful personal trainer. The qualification is a progression from the National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318] and may lead to the National Diploma in Fitness (Applied) (Level 5) [Ref: 1240].

The content of the qualification is centered on having the candidate assess opportunities, plan and execute a business strategy, and evaluate and adapt the business in line with results. The content is quite specific in that it deals with industry situations and the promotion, sale and support of an intangible and future-based outcome in a relatively open environment often with little structured support. For this reason the content of the qualification and standards is robust, in depth, and directive, and addresses the current 'gaps' within skills and knowledge as reported by both trainers and owners/managers of clubs.

This qualification may be undertaken concurrently with the National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318].

Graduates of this qualification may go on to complete the National Diploma in Fitness (Applied) (Level 5) [Ref: 1240] by undertaking further learning in the fitness area or related disciplines as outlined in that qualification.

Credit Range

Level 4 credits	50
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Requirements for Award of Qualification

Award of NZQF National Qualifications

Credit gained for a standard may be used only once to meet the requirements of this qualification.

Unit standards and achievement standards that are equivalent in outcome are mutually exclusive for the purpose of award. The table of mutually exclusive standards is provided on the New Zealand Qualifications Authority (NZQA) website: <http://www.nzqa.govt.nz/qualifications-standards/standards/standards-exclusion-list/>.

Reviewed standards that continue to recognise the same overall outcome are registered as new versions and retain their identification number (ID). Any version of a standard with the same ID may be used to meet qualification requirements that list the ID and/or that specify the past or current classification of the standard.

Detailed Requirements

Compulsory

The following standards are required

Community and Social Services > Fitness > Fitness Assessment and Individual Fitness Instruction

ID	Title	Level	Credit
22829	Demonstrate knowledge of the business of personal training	4	12
22830	Assess a personal training opportunity within a fitness facility	4	11
22831	Plan and set up a personal training business within a fitness facility	4	12
22832	Operate a personal training business within a fitness facility	4	15

Previous versions of the qualification

Version 2 was issued to remove the pre-requisite from the qualification to broaden the accessibility to learners. Changes to structure included the removal of prerequisite requirements for award.

Version 1 was issued in September 2007.

Certification

The certificate will display the logos of NZQA, Skills Active Aotearoa Limited and the accredited organisation.

Classification

This qualification is classified according to the classification system listed on the Directory of Assessment Standards (DAS) and the New Zealand Standard Classification of Education (NZSCED) system as specified below.

DAS Classification		NZSCED	
Code	Description	Code	Description
266	Community and Social Services > Fitness	069903	Health > Other Health > Human Movement and Sports Science

Quality Management Systems

Providers and Industry Training Organisations must be granted consent to assess by a recognised Quality Assurance Body before they can register credits from assessment against standards. Organisation with consent to assess and Industry Training Organisations assessing against standards must engage with the moderation system that applies to those standards. Consent to assess requirements and the moderation system are outlined in the associated Consent and Moderation Requirements (CMR) for each standard.

Reviewed