

Quick Reference Guide

How to find Course Materials and Videos

Overview	<p>There are several ways to locate Student Material and Videos within the NZIHF site. This Quick Reference Guide will step you through accessing the wealth of material available to you using the Certificate III or IV in Fitness Homepage option.</p> <p>Pre-Tutorial Course Material student notes and videos are grouped together with each of the relevant Tutorials under the heading Course Material (Pre-tutorial) eg Tutorial 3 – Muscles and Movements has both student notes and a video</p> <p>The Exercise Instruction Manual and numerous Instruction videos are grouped together Under the heading Course Material (Exercise Instruction)</p>
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How to find Course Learning Material and Videos using the Certificate in Fitness Homepage option

The following steps describe how to access the relevant learning materials dependant on which certificate you are currently studying for.

Steps	Description
1	<p>Click on the required Certificate in Fitness Homepage option within the menu box located to the right hand side of the screen</p> <div data-bbox="672 1482 1045 1705" data-label="Image"> </div> <p><i>Note: You will be taken to the relevant Certificate in Fitness Homepage</i></p>

2

Scroll down the page to the **Course Material (Pre-tutorial)** Learning Materials OR

<i>Course Material (Pre-tutorial)</i>	
Tutorial	Learning Materials
Tutorial 1 - Course Intro and Gym Safety	Student notes - Introduction and Gym Safety Pre-tutorial video: Course Introduction and Expectations Pre-tutorial video: Safety in the Gym

Scroll down the page to the **Course Material (Exercise Instruction)** Learning Materials

<i>Course Material (Exercise Instruction)</i>	
Learning Materials	
Certificate III in Fitness: Exercise Instruction Manual	
Video: Instructing the Bodyweight Squat	

3

Click on the link of the required item.

Student Notes will **open a new window** and present the information in **PDF format**. You may print or save for reading later.

Videos will **open a new window** and present you with the option to play the video you selected. The length of the video is noted beside the play button. Simply **press the play button** to start playing the video – enjoy !!

