

# Certificate in Health (CertHlth – 60 points)

These regulations must be read in conjunction with the General Regulations for the University.

## 1. Version

- (a) These Regulations came into force on 1 January 2026.
- (b) This certificate was first offered in 2026.

## 2. Variations

In exceptional circumstances the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health may approve a personal programme of study which does not conform to these regulations.

## 3. The structure of the qualification

To qualify for the Certificate in Health a student must:

- (a) be credited with a minimum of 60 points towards the qualification from Schedule V to these regulations; and
- (b) be credited with a minimum of 30 points from Schedule E to these regulations.

## 4. Admission to the qualification

All students must satisfy the Admission Regulations for the University to be admitted to this qualification.

## 5. Subjects

There are no majors, minors, or endorsements for this qualification.

## 6. Time limits

The qualification adheres to the General Regulations for the University with a time limit of 36 months.

## 7. Transfer and credit for study for other qualifications

This Certificate adheres to the Credit Recognition and Transfer Regulations, with the following stipulations:

- (a) A student may, with the approval of the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health or delegate, transfer the credit for a maximum of 15 points from another tertiary qualification; and
- (b) Any credit transfer must be completed within the prescribed time limits for the Certificate.

## 8. Progression

This qualification adheres to the General Regulations for the University, with no additional stipulations.

## 9. Honours, Distinction and Merit

Honours, Distinction, and Merit are not awarded for this qualification.

## 10. Exit and Upgrade Pathways to other Qualifications

- (a) A student who has completed the requirements for the Certificate in Health but has not yet graduated, may apply to the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health or delegate to be admitted to the Diploma in Health or the Bachelor of Health and have credits transferred.
- (b) A student who has graduated with the Certificate in Health, may apply to the Amo Matua, Te Kaupeka Oranga | Executive Dean of Health or delegate to be admitted to the Diploma in Health or the Bachelor of Health and have their Certificate subsumed as stipulated in the General Regulations to the University.
- (c) There are no exit qualifications for this Certificate.

## Schedule E: Elective Course for the Certificate in Health

For full course information, go to [courseinfo.canterbury.ac.nz](http://courseinfo.canterbury.ac.nz)

Students must complete a minimum of 30 points from the following list of courses:

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH101	Introduction to Health Studies	15	S1	Campus	
			S1	Distance Learning	
HLTH102	Health Promotion	15	S2	Campus	
			S2	Distance Learning	
HLTH105	Communication for Practice	15	S2	Campus	R: SOWK206, HSRV201 EQ: SOWK105
			X3	UC Online	
HLTH106	Te Wero - Māori Health Issues and Opportunities	15	X2	UC Online	
			S2	Campus	
			S2	Distance Learning	

## Schedule V: Valid Courses for the Certificate in Health

Course Code	Course Title	Pts	2026	Location	P/C/R/RP/EQ
HLTH101	Introduction to Health Studies	15	S1	Campus	
			S1	Distance Learning	
HLTH102	Health Promotion	15	S2	Campus	
			S2	Distance Learning	
HLTH105	Communication for Practice	15	S2	Campus	R: SOWK206, HSRV201 EQ: SOWK105
			X3	UC Online	
HLTH106	Te Wero - Māori Health Issues and Opportunities	15	X2	UC Online	
			S2	Campus	
			S2	Distance Learning	
HLTH111	Global Health	15	S1	Campus	
HLTH112	Anatomy & Physiology I	15	S1	Campus	R: SPRT104, SPCO104, BIOL116 EQ: SPRT104
			X4	UC Online	
HLTH113	Anatomy & Physiology II	15	S2	Campus	P: Recommended Preparation: HLTH112 - Anatomy & Physiology I. R: BIOL116, SPCO104, SPRT104 RP: HLTH112 - Anatomy & Physiology I
HLTH121	Introduction to Health Education	15	S1	Campus	R: HLED121 EQ: HLED121
HLTH122	Building Resilience	15	S2	Campus	R: HLED122 EQ: HLED122
HLTH203	Epidemiology	15	S1	Campus	P: Any 60 points at 100-level from any subject. R: HLTH110
HLTH213	Health Systems and Policy	15	S1	Campus	P: Any 60 points at 100-level in any subject.
HLTH214	Environmental and Occupational Health	15	S2	Campus	P: Any 60 points at 100-level from any subject, or any 30 points at 100-level from HLTH or SPCO or SPRT

HLTH215	Human Development across the Lifecourse	15	NO		P: HLTH101 or 60points at 100-level from any subject R: SOWK202, HSRV202
HLTH216	Foundations of Mental Health and Addictions	15	NO		P: Any 60 points at 100-level in any subject R: SOWK303
HLTH222	Sexualities Education	15	NO		P: 15 pts at Level 100 HLTH R: HLED222 EQ: HLED222
HLTH223	Physical activity and Nutrition	15	S1	Campus	P: HLTH112 - 'Anatomy & Physiology I' or HLTH113 - 'Anatomy & Physiology II' or BCHM111 - 'Cellular Biology and Biochemistry' R: HLED223 EQ: HLED223
HLTH270	Te Ao Hauora Tangata: Māori Health Perspectives	15	S2	Campus	P: Any 15 points at 100-level from HLTH, MAOR, or TREO RP: MAOR 108 and/or HLTH 106
SOWK101	Introduction to Social Policy	15	NO		R: HSRV101 EQ: HSRV101
SOWK102	Introduction to Social Work	15	S1	Campus	R: HSRV102 EQ: HSRV102
			S1	Distance Learning	
SPRT207	Nutrition and Exercise Prescription	15	S2	Campus	P: Any 60-points at 100-level from any subject, or any 15-points at 100-level from SPCO or SPRT or HLTH. R: SPCO242 EQ: SPCO242
			S2	Distance Learning	
SPRT229	Sport Psychology	15	S2	Campus	P: 60 points at 100-level in any subject R: SPCO103
			S2	Distance Learning	