

Sample 1

Design, deliver, and adapt exercise programmes for adults with low to moderate health risks

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| Kaupae Level | 4 |
| Whiwhinga Credit | 15 |
| Whāinga Purpose | <p>This skill standard is for people who want to learn to design and deliver exercise programmes for adults with low to moderate health risks.</p> <p>It is for group exercise instructors, gym instructors and personal trainers.</p> <p>It can be used in the New Zealand Certificate in Exercise (Level 4).</p> |
| Whakaakoranga me mātua oti Pre-requisites | 12344 <i>Describe human anatomy and explain the physiology of body systems and health risk factors</i> |

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

| Hua o te ako Learning outcomes You will be able to: | Paearu aromatawai Assessment criteria You can: |
|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Design exercise programmes for adults with low to moderate health risks. | <ul style="list-style-type: none">a. Communicate to build trust and rapport to understand, review, and update participant goals.b. Carry out the approved exercise industry pre-screen to determine health status and risks.c. Design an exercise programme to meet participant goals. |
| 2. Deliver exercise programmes for adults with low to moderate health risks. | <ul style="list-style-type: none">a. Demonstrate and monitor correct technique for the exercise programmes.b. Seek feedback from participants on the achievement of goals. |
| 3. Monitor and adapt exercise programmes to meet participant goals. | <ul style="list-style-type: none">a. Gather and analyse relevant data to measure the participants' progress against goals.b. Adapt the exercise programmes to reflect participants' progress and goals. |

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

Assessment specifications

You will need to apply the skills outlined in the assessment criteria to four different exercise participants – two with a pre-screen outcome of low risk and two with a pre-screen outcome of moderate risk.

To complete this standard, you must use an approved exercise industry pre-screen. This is accessible from the New Zealand Register of Exercise Professionals (REPs) www.reps.org.nz.

Guidelines and codes of practice applicable to this standard include Code of Ethical Practice endorsed by Exercise New Zealand.

Ngā momo whiwhinga | Grades available

Achieved, Not Achieved.

Ihirangi waitohu | Indicative content

- The roles of preparation, warm-up, and cool down in relation to different types of training – including psychological, physiological, environmental aspects.
- Types of stretching – including static, dynamic, proprioceptive neuromuscular facilitation (PNF).
- Types of training – including, strength, power, hypertrophy and endurance, flexibility, agility, speed, aerobic, and anaerobic.
- Communication techniques to establish trust and rapport, and to support, encourage and motivate participants.
- Showing awareness and respect for diverse needs and cultures in an exercise setting.
- Pre-screening interviews and fitness testing.
- Evaluating a participant's information and using it to design an appropriate exercise programme – including goals, preferences, current fitness level, injury profile, exercise risk factors, warm up and cool down requirements, expected barriers.

Rauemi | Resources

Exercise Schedule A is a guidance document that ... and is available at

Other resources, including up-to-date guidance for providers on delivery and assessment is available at ...

Pārongo Whakaū Kounga | Quality assurance information

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| Ngā rōpū whakatau-paerewa Standard Setting Body | Toi Mai WDC |
| Whakaritenga Rārangi Paetae Aromatawai DASS classification | Exercise > Fitness Assessment and Exercise Instruction |
| Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR | 99 This CMR can be accessed at http://www.nzqa.govt.nz/framework/search/index.do |

| Hātepe Process | Putanga Version | Rā whakaputa Review Date | Rā whakamutunga mō te aromatawai Last date for assessment |
|------------------------------------------------------|--------------------------|-----------------------------------|--------------------------------------------------------------------|
| Rēhitatanga Registration | 1 | dd mm yyyy | dd mm yyyy |
| Arotakenga Review | 2 | dd mm yyyy | dd mm yyyy |
| Kōrero whakakapinga Replacement information | xxxx | | |
| Rā arotake Planned review date | dd mm yyyy | | |

Please contact Toi Mai WDC at <email address> if you wish to suggest changes to the content of this skill standard.