

Manage personal physical fitness with guidance

Level 1

Credits 3

Purpose This unit standard is intended for people who wish to be physically active and manage their own general fitness levels with guidance, if required. This may be for healthy living, or to meet job related or other physical activity requirements.

People credited with this unit standard are able to, with guidance: assess personal levels of physical fitness using reliable techniques; develop and produce a personal exercise plan based on results of personal fitness assessment; and implement the personal exercise plan and measure progress in relation to goals.

Subfield Fitness

Domain Fitness Education

Status Registered

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Entry information Open.

Accreditation Evaluation of documentation by NZQA and industry.

Standard setting body (SSB) Sport, Fitness and Recreation Industry Training Organisation – Fitness Advisory Group

Accreditation and Moderation Action Plan (AMAP) reference 0069

This AMAP can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.

Special notes

- 1 It is recommended that all candidates complete a basic health screen or questionnaire, such as the *Physical Activity Readiness Questionnaire* (PAR-Q), prior to beginning training for assessment against this unit standard. If the screening results indicate the need, candidates should obtain a written medical clearance before beginning any physical activity.

- 2 Candidates may be provided with guidance and/or assistance when conducting fitness tests, and developing and implementing a personal exercise plan, from qualified people such as physical education teachers, sports coaches, gym instructors and/or fitness trainers.
- 3 **Definitions**
Aerobic capacity or cardiovascular endurance refers to the ability of an individual to keep performing physical movements involving the whole body for extended periods of time, where the primary source of energy production is aerobic respiration.
Flexibility refers to the range of motion around a joint.
Muscular strength refers to the maximum force an individual is able to exert on or against a given resistance.
Muscular endurance refers to the ability of the muscles, or a group of muscles, to keep working against a resistance.
- 4 *Using reliable techniques* involves correctly following standard fitness testing protocols to ensure the fitness tests can be reproduced in exactly the same way and under the exactly the same conditions.
- 5 The general principles of training are specificity, progression, frequency, intensity, duration, regularity, reversibility, individuality, warm up and cool down.

Elements and performance criteria

Element 1

Assess personal levels of physical fitness, with guidance, using reliable techniques.

Performance criteria

- 1.1 Health and activity history, including any medical conditions, are recorded prior to testing using a basic screening tool.

Range screening tools may include but are not limited to – PAR-Q.
- 1.2 Screening results are reviewed and written medical clearance is obtained if the results indicate the need.
- 1.3 The range of fitness assessment methods selected to measure health related aspects of fitness are relevant to candidate's personal health and activity history.

Range assessment methods may include but are not limited to – Harvard step test, multistage fitness test, Cooper's 12 minute run test, sit and reach test, shoulder hyperextension test, trunk extension test, handgrip dynamometer, maximum pull ups/triceps dips assessments, bent-arm hang, maximum crunches/press ups/bench jumps in 60 seconds;
health related aspects of fitness assessed must include aerobic capacity, flexibility, muscular strength, muscular endurance.

- 1.4 Fitness testing is implemented and results recorded using reliable techniques.
- 1.5 Levels of fitness are assessed in relation to fitness testing results.

Element 2

Develop and produce a personal exercise plan, with guidance, based on results of personal fitness assessment.

Performance criteria

- 2.1 Plan includes goals that specify desired improvements in personal fitness levels based on fitness assessment results.
 - Range goals include improvements in (or maintenance of) – aerobic capacity, flexibility, muscular strength, muscular endurance; and may also include successful performance in a specific sport or physical recreation event, completion of a tramping trip, improved effectiveness on the job.
- 2.2 Plan specifies timeframes, and required equipment, costs and location.
- 2.3 Planned goals are realistic and achievable within available resources of time, equipment, costs and location.
- 2.4 Planned activities are relevant for the candidate and to the planned goals.
- 2.5 Plan follows the general principles of training.
- 2.6 Plan enables candidate to monitor progress.
 - Range monitoring may include – measures of workload increments, application of simplified field tests.
- 2.7 Plan includes strategies to address exercise pitfalls, including injury, overtraining and boredom.

Element 3

Implement the personal exercise plan, with guidance, and measure progress in relation to goals.

Performance criteria

- 3.1 Personal exercise programme is implemented according to the plan.

- 3.2 Progress is monitored according to the plan and adjustments are made as required by the monitoring.
- Range required adjustments may be result of – lack of progress in relation to goals, overtraining, boredom, illness or injury.
- 3.3 Personal levels of physical fitness are reassessed using reliable testing techniques.
- 3.4 Degree of achievement of goals is identified based on reassessment of fitness levels.

Please note

Providers must be accredited by the Qualifications Authority, or an inter-institutional body with delegated authority for quality assurance, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the Sport, Fitness and Recreation Industry Training Organisation info@srito.org.nz if you wish to suggest changes to the content of this unit standard.