

## National Certificate in Fitness (Foundation Skills) (Level 2)

**Level** 2

**Credits** 51

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

This qualification will expire without replacement.

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

### Transition Arrangements

The last date for entry into training programmes or courses leading to this qualifications is 31 December 2018.

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	May 2006	December 2020
Review	2	February 2017	December 2020

### Standard Setting Body

Skills Active Aotearoa  
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### Purpose

This qualification is an entry level qualification for the fitness industry and recognises the skills and knowledge required to function successfully at a basic level in the fitness environment.

The qualification comprises compulsory unit standards covering the key skill areas of customer service, safety, basic exercise prescription, good nutrition principles, and a basic knowledge of the fitness business environment ensuring holders of this qualification enter the industry with a balanced understanding of fitness enterprises.

As this is an entry level qualification it is not designed for those wishing to work with customers independently or without senior supervision.

This qualification provides the foundation for individuals to progress on to the National Certificate in Fitness (Level 3) with strands in Group Fitness Instruction, and Individual Fitness Instruction [Ref: 0447], and the National Certificate in Fitness (Level 4) with strands in Group Fitness Instruction, Individual Fitness Instruction, and Personal Training [Ref: 0448].

### Credit Range

Level 1 credits	7
Level 2 credits	28
Level 3 or above credits	16
Total	51

### 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 Qualification Requirements

### Compulsory

All the unit standards listed below are required.

Field Community and Social Services  
 Subfield Community Recreation  
 Domain Community Development

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>
18763	Describe the process of community development as a participant	2	3

Domain Recreation Facility and Resource Design and Management

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>
7016	Monitor and promote client security, comfort, enjoyment, and learning in fitness and/or recreation	3	3

Subfield Fitness  
 Domain Exercise Prescription

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>
21791	Relate human anatomy and movement to gym equipment and static stretching	2	4
21792	Demonstrate knowledge of health risk factors and disease, and monitor exercise stress	2	4
21793	Demonstrate correct technique when using basic gym equipment	2	2
21794	Demonstrate, instruct, and monitor static stretching	2	3
21795	Demonstrate, instruct, and monitor safe and correct use of cardiovascular exercise equipment	2	3

Domain Fitness Education

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>
505	Manage personal physical fitness with guidance	1	3

Domain Fitness Industry Education

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>
7038	Explain the purpose and structure of a fitness enterprise	3	4

Subfield Sport  
 Domain Sport Science and Technology

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>
6571	Demonstrate relevance of principles of nutrition to health	2	2

Field Health  
 Subfield Health Studies  
 Domain Core Health

Id	Title	Level	Credit
6401	Provide first aid	2	1
6402	Provide resuscitation level 2	1	1

Subfield Occupational Health and Safety  
 Domain Occupational Health and Safety Practice

Id	Title	Level	Credit
497	Protect health and safety in the workplace	1	1

Field Humanities  
 Subfield Communication Skills  
 Domain Interpersonal Communications

Id	Title	Level	Credit
1304	Communicate with people from other cultures	2	2
11097	Listen to gain information in an interactive situation	3	3

Field Service Sector  
 Subfield Service Sector Skills  
 Domain Service Sector – Core Skills

Id	Title	Level	Credit
56	Attend to customer enquiries face-to-face and on the telephone	1	2
57	Provide customer service in given situations	2	2
62	Maintain personal presentation in the workplace	2	2
376	Employ customer service techniques for differing customer behaviours in a given situation	3	2
11818	Enhance work practices by the application of product and/or service knowledge	3	4

### Previous version of the qualification

Version 1 was issued in 2006.

### Other standard setting bodies whose standards are included in the qualification

NZQA  
 The Skills Organisation

### 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