

National Diploma in Fitness (Applied) (Level 5)

Level 5

Credits 186

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

This qualification is replaced by the New Zealand Certificate in Exercise (Level 5) [Ref: 3564].

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

Transition Arrangements

The last date for entry into programmes leading to this qualification is 31 December 2018.

People currently working towards this qualification may complete its requirements by the date specified above or transfer to a programme of study or training leading to the replacement qualification.

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

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National Diploma in Fitness (Applied) (Level 5)

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Credits 186

Purpose

Holders of the National Diploma in Fitness (Applied) (Level 5) [Ref: 1240] will have a broad skill base within fitness, and advanced skills in the application of fitness concepts and practices in the fitness environment.

This diploma will be invaluable for people who have gained skills within the industry and have a more general qualification currently, or for people who have significant skills and experience and wish to have this recognised formally, or for those who wish to specifically train for, and enter into, the more advanced roles within the fitness industry. The level 4 credits from the Fitness subfield ensure that candidates will have sufficient competencies in individual and group fitness instruction before embarking upon further standards at the diploma level.

This qualification is set at a senior professional level and targeted at people who have the responsibility of planning, running, and marketing their own services or who undertake more clinical or senior roles within the fitness environment.

The flexibility within this qualification allows holders to have their interpersonal, business, communication and specific technical skills recognised, as well as allowing them to develop competencies at higher levels of specialisation that are applicable to their fitness environment.

This qualification shares some common unit standards with, and builds on the competencies recognised in, 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

	Elective				
	Compulsory	Set A	Set B	Set C	Set D
Level 1 credits	2	0-3	-	-	-
Level 2 credits	14	0-16	-	-	-
Level 3 Credits	16	0-50	-	-	-
Level 4 credits	-	-	24	-	-
Level 5 or above credits	-	-	-	60	20
Minimum totals	32	50	24	60	20

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 Requirements

Compulsory

All the unit standards listed below are required.

Field Community and Social Services
Subfield Community Recreation
Domain Community Development

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

Domain Recreation Facility and Resource Design and Management

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

Subfield Fitness
Domain Exercise Prescription

Id	Title	Level	Credit
21792	Demonstrate knowledge of health risk factors and disease, and monitor exercise stress	2	4

Domain Fitness Industry Education

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

Subfield Sport
Domain Sport Science and Technology

Id	Title	Level	Credit
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
57	Provide customer service in given situations	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

Elective

The requirements of all the sets must be met.

Set A

A minimum of 50 credits at level 3 or below is required from the following subfield.

Field	Subfield	Domain
Community and Social Services	Fitness	Any

Set B

A minimum of 24 credits at level 4 is required from the following subfield.

Field	Subfield	Domain
Community and Social Services	Fitness	Any

Set C

A minimum of 60 credits at level 5 or above is required from the following subfield.

Field	Subfield	Domain
Community and Social Services	Fitness	Any

Set D

A minimum of 20 credits at level 5 or above is required from the following subfields or domains.

Field	Subfield	Domain
Business	Marketing	Direct Marketing
		Generic Marketing
		Sales Organisation and Management
Community and Social Services	Community Recreation	Any
	Fitness	Any
	Outdoor Recreation	Any
	Sport	Any
Computing and Information Technology	Computing	Computer Operations
Health	Natural and Traditional Health and Healing	Massage
Humanities	Communication Skills	Interpersonal Communications
		Writing

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