

National Certificate in Fitness (Exercise Consultant) (Level 3)

Level 3

Credits 58

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 Pre-designed Exercise Instruction (Level 3) [Ref: 3566].

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	September 2007	December 2020
Revision	2	December 2009	December 2020
Review	3	February 2017	December 2020

Standard Setting Body

Skills Active Aotearoa
PO Box 2183
Wellington 6140
Phone 04 385 9047
Fax 04 385 7024
info@skillsactive.org.nz

National Certificate in Fitness (Exercise Consultant) (Level 3)

Level 3

Credits 58

Purpose

This qualification covers particular skills and knowledge relating directly to the role of an exercise consultant (also called a gym instructor or fitness instructor) working within the New Zealand fitness industry. Competencies covered include inducting clients into a fitness enterprise, completing assessments, designing and implementing individual exercise programmes, monitoring and motivating clients, and reviewing and adapting exercise programmes. The certificate also covers general knowledge and skills related to operating safely and effectively in a fitness enterprise such as customer service and communication, safety and first aid skills, and an understanding of fitness enterprises as communities and businesses.

This qualification focuses on developing the candidate's understanding and skill to a level where they can operate independently and effectively within the fitness environment, and builds on the foundation skills and knowledge recognised by the National Certificate in Fitness (Foundation Skills) (Level 2) [Ref: 1239]. This qualification can lead to the National Diploma in Fitness (Applied) (Level 5) [Ref: 1240] and/or the National Certificate in Fitness (Personal Training Business Skills) (Level 4) [Ref: 1320].

Holders of this qualification will likely be working or seek to work in the fitness industry as exercise consultants possibly moving into personal training or facility management or specialist fields (such as musculoskeletal rehabilitation, cardiac rehabilitation, or services to specific populations – diabetics, stroke patients, the obese).

Special Notes

While not a direct replacement, this qualification and the National Certificate in Fitness (Group Fitness Instruction) (Level 3) [Ref: 1319] were developed following review of the National Certificate in Fitness (Level 3) with strands in Group Fitness Instruction, and Individual Fitness Instruction [Ref: 0447].

Credit Range

Level 3 credits	33
Level 4 credits	25
Total	58

Requirements for Award of Qualification

Award of NQF 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 in section 7 of the New Zealand Qualifications Authority (NZQA) Rules and Procedures publications available at <http://www.nzqa.govt.nz/ncea/acrp/index.html>.

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.

Summary of Requirements

- Compulsory standards

Detailed Requirements

Compulsory

The following standards are required

Community and Social Services > Fitness > Exercise Prescription

ID	Title	Level	Credit
22264	Instruct and monitor resistance training	3	4
22265	Demonstrate knowledge of exercise prescription	3	7
22266	Demonstrate knowledge of exercise physiology and human anatomy	3	10

Community and Social Services > Fitness > Fitness Assessment and Individual Fitness Instruction

ID	Title	Level	Credit
7036	Assess individual fitness for activity	4	6
22258	Assess individual exercise preferences, barriers and goals	4	3
22259	Design and implement an exercise programme in accordance with a client's goals and objectives	4	6
22260	Demonstrate knowledge of human behaviour and exercise adherence	3	4
22261	Demonstrate knowledge of the purpose, pitfalls and use of exercise testing	3	4
22262	Monitor client exercise adherence and apply motivational techniques to enhance client commitment	4	4
22263	Review and adapt an exercise programme to optimise client results in line with client goals	4	6

ID	Title	Level	Credit
22880	Tour a potential member through a fitness enterprise and gain commitment to act	3	4

Previous versions of the qualification

Version 2 was issued to remove the pre-requisite from the qualification to broaden the accessibility to learners. Changes to structure included removal of pre-requisite requirements for entry.

Version 1 was issued in September 2007.

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.