

National Certificate in Fitness (Group Fitness Instruction) (Level 3)

Level 3

Credits 57

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 Freestyle Group Exercise (Level 4) [Ref: 3565].

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; however, this qualification contains standards that will expire in December 2018. People wishing to complete this qualification will need to gain credit for the expiring standards before they expire **or** use the transition arrangements below.

People can complete the qualification using either expiring standards or replacement standards.

For the purposes of this qualification, people who have gained credit for the replacement standards are exempt from the requirement to gain credit for the expiring standards – see table below.

Credit for	Exempt from
27709	22773
27710	22778, 22779
27711	22774
27712	22775
27713	22776
27714	22777

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
Review	2	February 2017	December 2020

Standard Setting Body

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Reviewed

National Certificate in Fitness (Group Fitness Instruction) (Level 3)

Level 3

Credits 57

Purpose

This certificate recognises the competencies required for entry-level employment as a group fitness instructor in established fitness enterprises accessible to the public at large. This is a core national qualification providing a foundation on which to develop ongoing fitness industry training.

This qualification shares some common unit standards with the National Certificate in Fitness (Foundation Skills) (Level 2) [Ref: 1239].

The compulsory unit standards within this qualification ensure learners understand the fundamentals of exercise, safety, fitness business operations, participant motivation, class structures and components, and nutrition so that they may safely and effectively operate as instructors once they complete the elective portion of the qualification.

In the elective portion of this qualification candidates are able to identify the type(s) of classes they are able to deliver; which also assists fitness enterprises who may wish to engage these candidates to teach classes on a regular or casual basis.

People who complete this qualification may go on to complete the National Diploma in Fitness (Applied) (Level 5) [Ref: 1240].

Special Notes

While not a direct replacement, this qualification and the National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318] 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

	Compulsory	Elective A	Elective B
Level 1 credits	7	-	-
Level 2 credits	10	-	-
Level 3 or above credits	23	12	5
Minimum totals	40	12	5

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

The following standards are required

Community and Social Services > Community Recreation > Community Development

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

Community and Social Services > Community Recreation > 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

Community and Social Services > Fitness > Exercise Prescription

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

Community and Social Services > Fitness > Fitness Education

Id	Title	Level	Credit
505	Manage personal physical fitness with guidance	1	3

Community and Social Services > Fitness > Fitness Industry Education

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

Community and Social Services > Fitness > Group Fitness Instruction

Id	Title	Level	Credit
22772	Demonstrate knowledge of exercise, motivation, and the structure of group fitness classes	3	12

Health > Health Studies > Core Health

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

Health > Occupational Health and Safety > Occupational Health and Safety Practice

Id	Title	Level	Credit
497	Demonstrate knowledge of workplace health and safety requirements	1	3

Service Sector > Service Sector Skills > Service Sector - Core Skills

Id	Title	Level	Credit
57	Provide customer service in given situations	2	2
11818	Enhance work practices by the application of product and/or service knowledge	3	4

Elective A

A minimum of 1 standard

Community and Social Services > Fitness > Group Fitness Instruction

Id	Title	Level	Credit
22773	Plan and teach a Step class	3	12
22774	Plan and teach a Spin class	3	12
22775	Plan and teach a Pump class	3	12
22776	Plan and teach a kicking and boxing class	3	12
22777	Plan and teach a Circuit class	3	12
22778	Plan and teach a chest deep aquafitness class	3	15
22779	Plan and teach a deep water aquafitness class	3	15
22780	Plan and teach a High and Low class	3	12

Elective B

A minimum of 5 credits at Level 3 or above

Field	Subfield	Domain
Community and Social Services	Fitness	Any

Previous version of the qualification

Version 1 of this qualification, the National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318], and the National Certificate in Fitness (Personal Training Business Skills) (Level 4) [Ref: 1320] were issued following the review of 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]. Both of the reviewed qualifications are expiring, and while aspects of Ref: 0447 have been incorporated into Ref: 1318 and 1319, Ref: 0448 no longer meets the needs of industry.

Summary of differences between Ref: 0447 and this qualification:

- The Group Fitness and Individual Fitness Instruction components of the old qualification were split into two new qualifications.
- Newly developed standards in specific group exercise disciplines were included to reflect industry specialisation.

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.