

## Qualification details

<b>Title</b>	New Zealand Certificate in Freestyle Group Exercise (Level 4)		
<b>Version</b>	1	<b>Qualification type</b>	Certificate
<b>Level</b>	4	<b>Credits</b>	60
<b>NZSCED</b>	069903 Health > Other Health > Human Movement and Sports Science		
<b>Qualification developer</b>	Skills Active Aotearoa Limited		
<b>Next review</b>	December 2021		
<b>Approval date</b>	February 2017		
<b>Strategic purpose statement</b>	<p>This qualification will provide New Zealand with graduates who have the skills and knowledge to deliver group exercise programmes or activities for the general population.</p> <p>Graduates will operate within a framework of health and wellness in relation to individual, group or community needs and contribute to the cultural, social, and economic wellbeing of Aotearoa New Zealand.</p> <p>Graduates can choreograph and deliver appropriate group exercise programmes and will have knowledge of group exercise training principles and concepts.</p> <p>Graduates will be eligible to register with the New Zealand Register of Exercise Professionals.</p>		
<b>Outcome Statement</b>	<b>Graduate profile</b>	<p>Graduates will be able to:</p> <ul style="list-style-type: none"> <li>– choreograph, deliver and adapt safe and effective group exercise classes for one or more different class types and varying exercise abilities;</li> <li>– encourage group exercise participants to develop skills and knowledge to improve own health and wellbeing;</li> <li>– integrate culturally appropriate values, processes and protocols to respond to participant exercise needs;</li> <li>– enhance movement patterns in group exercise classes by utilising knowledge of anatomy and physiology;</li> <li>– use business skills and create an awareness of exercise products and services to develop and maintain a client base.</li> </ul>	
	<b>Education pathway</b>	<p>This qualification can provide a pathway to the New Zealand Certificate in Exercise (Level 5) [Ref: 3564].</p> <p>This qualification shares some common competencies with the New Zealand Certificate in Exercise (Level 4) [Ref: 3563] which may be used by learners to expand their skill and knowledge base.</p>	
	<b>Employment pathway</b>	<p>Graduates can be employed or self-employed in roles such as: freestyle group exercise instructor, community exercise instructor, group or small team training instructor.</p>	

## Qualification specifications

<b>Qualification award</b>	<p>This qualification may be awarded by any organisation with an approved programme of study or industry training programme leading to this qualification.</p>
<b>Evidence requirements for assuring consistency</b>	<p>All TEOs either arranging or delivering programmes that lead to the award of the qualification are required to participate in a consistency process scheduled by NZQA.</p> <p>Further information can be found on the NZQA website.</p> <p>All TEOs will be required to provide evidence during the consistency process to demonstrate how graduates have met the graduate profile. Critical evidence relevant to this qualification will include the following:</p> <ul style="list-style-type: none"> <li>– industry feedback;</li> <li>– self-evaluation (e.g. programme evaluation reports, moderation outcomes);</li> <li>– graduate feedback;</li> <li>– graduate progression/destination information;</li> <li>– relevant learning experience undertaken in an industry workplace/environment;</li> <li>– portfolio of relevant experience including learner self-evaluation (where appropriate);</li> <li>– any other relevant evidence as appropriate.</li> </ul>
<b>Minimum standard of achievement and standards for grade endorsements</b>	<p>Achieved.</p>

## General conditions for the programme leading to the qualification

<b>General conditions for programme</b>	<p>All learning and assessment within a programme leading to this qualification must be carried out in accordance with the following, as relevant to their role:</p> <ul style="list-style-type: none"> <li>- relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993, and Human Rights Act 1993</li> <li>- industry codes and standards</li> <li>- organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), and the use of personal protective equipment (PPE).</li> </ul> <p>Additional guidance and recommendations for programme development can be found on the Skills Active Aotearoa website (<a href="http://skillsactive.org.nz/">http://skillsactive.org.nz/</a>).</p>
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## Conditions relating to the Graduate profile

Qualification outcomes		Conditions
1	Choreograph, deliver and adapt safe and effective group exercise classes for one or more different class types and varying exercise abilities. Credits 25	
2	Encourage group exercise participants to develop skills and knowledge to improve own health and wellbeing. Credits 10	
3	Integrate culturally appropriate values, processes and protocols to respond to participant exercise needs. Credits 10	
4	Enhance movement patterns in group exercise classes by utilising knowledge of anatomy and physiology. Credits 10	
5	Use business skills and create an awareness of exercise products and services to develop and maintain a client base. Credits 5	

## Transition information

<b>Replacement information</b>	<p>This qualification replaced:</p> <ul style="list-style-type: none"> <li>National Certificate in Fitness (Group Fitness Instruction) (Level 3) [Ref: 1319].</li> </ul> <p>This qualification also replaced:</p> <ul style="list-style-type: none"> <li>the <b>Freestyle</b> strand of the New Zealand Certificate in Fitness (Group Fitness) (Level 3) with strands in Pre-choreographed, and Freestyle [Ref: 1857].</li> </ul>
<p>Learners currently enrolled in programmes leading to the replaced qualifications may either complete the requirements by 31 December 2020 or transfer to this qualification.</p> <p>People wishing to complete Ref: 1319 should be aware that the qualification contains standards that are expiring in December 2018. Credit should be gained for the expiring standards before they expire or exemptions (specified on Ref: 1319) can be used to complete the qualification requirements.</p> <p>The last date for entry into programmes leading to the replaced qualifications is 31 December 2018. The last date for assessments to take place for the replaced qualifications is 31 December 2020, at which</p>	

time they will be designated as discontinued.

It is the intention of Skills Active Aotearoa that no existing learners should be disadvantaged by these transition arrangements. Any person who considers they are disadvantaged may appeal to:

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