

**40067****Carry out pre-screening, warm up and cool down activities for an exercise session**

<b>Kaupae   Level</b>	4
<b>Whiwhinga   Credit</b>	5
<b>Whāinga   Purpose</b>	<p>This skill standard is for people who want to learn how to carry out pre-screening, warm up and cool down activities for an exercise session.</p> <p>It is intended for people who are considering a career in the exercise industry as well as for those who deliver exercise sessions in the community and wish to upskill.</p>

**Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria**

<b>Hua o te ako   Learning outcomes</b>	<b>Paearu aromatawai   Assessment criteria</b>
1. Carry out a participant pre-screening.	a. Describe the principles of exercise, components of fitness, and how they relate and are applied to exercise programmes.
	b. Use appropriate communication techniques to establish rapport with the participant, explain the purpose and procedures, and gain consent.
	c. Establish and record the exercise participant's overall objectives or goals and exercise preferences.
	d. Identify barriers to participant achieving their exercise goals and discuss and record potential solutions.
	e. Process, communicate and record screening results.
2. Demonstrate preparation (warm up) and recovery (cool down) activities for an exercise session.	a. Explain the role of warm up activities including stretching to prepare the body for exercise.
	b. Explain the role of cool down activities including stretching to safely return the body to a resting state after exercise and promote recovery.
	c. Demonstrate appropriate warm up and cool down activities and stretches for a chosen exercise type.

**Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria****Assessment specifications:**

Assessment must take place in a realistic exercise coaching environment.

Participant pre-screening should be carried out in accordance with industry accepted practice.

**Ngā momo whiwhinga | Grades available**

Achieved

**Ihirangi waitohu | Indicative content**

- Principles of exercise including Frequency, Intensity, Time and Type (FITT).
- Components of fitness.
- Pre-screening (personal details, medical history, health status, lifestyle habits, exercise habits, exercise intentions, goals, exercise preferences, exercise contraindications, medical clearance).
- Warm up and cool down activities and stretches.

**Rauemi | Resources**

All learning and assessment within this skill standard must be carried out in accordance with the following:

- Legislation including [Health and Safety at Work Act 2015](#), [Privacy Act 2020](#), [Consumer Guarantees Act 1993](#) and [Accident Compensation Act 2001](#).
- Guidelines and codes of practice include the NZ Register of Exercise Professionals (REPs) Code of Ethical Practice, REPs Pre-Screening form and guide (or industry approved equivalent). These are available from the REPs website <http://www.reps.org.nz>.
- Organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).

**Pārongo Whakaū Kounga | Quality assurance information**

<b>Ngā rōpū whakatau-paerewa   Standard Setting Body</b>	Toi Mai Workforce Development Council
<b>Whakaritenga Rārangi Paetae Aromatawai   DASS classification</b>	Community and Social Services > Exercise > Fitness Assessment and Exercise Instruction
<b>Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga   CMR</b>	0099

<b>Hātepe   Process</b>	<b>Putanga   Version</b>	<b>Rā whakaputa   Review Date</b>	<b>Rā whakamutunga mō te aromatawai   Last date for assessment</b>
<b>Rēhitatanga   Registration</b>	1	28 March 2024	N/A
<b>Kōrero whakakapinga   Replacement information</b>	N/A		
<b>Rā arotake   Planned review date</b>	31 December 2028		

Please contact Toi Mai Workforce Development Council at [qualifications@toimai.nz](mailto:qualifications@toimai.nz) to suggest changes to the content of this skill standard.