

40068**Deliver an exercise experience using knowledge of functional anatomy and interpersonal skills**

Kaupae Level	4
Whiwhinga Credit	15
Whāinga Purpose	This skill standard is for people who want to deliver an exercise experience using knowledge of functional anatomy and interpersonal skills. It is intended for people considering a career in the exercise industry as well as for those who deliver exercise sessions in the community and wish to upskill.

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

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Apply knowledge of functional anatomy to deliver exercise experiences safely and effectively.	a. Demonstrate primal movement patterns during exercise and explain the associated functional anatomy relating to those movements.
	b. Describe the types of contraction and the roles of muscles during movement in exercise.
	c. Monitor and adapt exercise sessions using progression and regression variables in relation to the ability of the participant.
	d. Provide exercise experiences including corrective coaching to an individual or a group.
2. Apply interpersonal skills to enhance a participant's exercise experience	a. Apply communication techniques to build relationships that enhance a participant's exercise experience.
	b. Use interpersonal skills to coach, motivate and enhance an individual or a group exercise experience.

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

Assessment must take place in a realistic exercise coaching environment.

Ngā momo whiwhinga | Grades available

Achieved

Ihirangi waitohu | Indicative content

- Types of contraction (eccentric, concentric and isometric).
- Roles of muscles during a movement (agonist, antagonist, synergist, fixator).
- Location and function of quadriceps, hamstrings, gluteals, gastrocnemius, soleus, rectus abdominis, obliques, erector spinae, pectorals, latissimus dorsi, rhomboids, trapezius, deltoids, biceps brachii and triceps brachii.
- Primal movement patterns including squat, bend, horizontal push, vertical push, horizontal pull, vertical pull, lunge and twist.
- Exercise progression and regression.

Note: all the above should be in relation to primal movement patterns.

- Communication and Building Relationships: Can include eye contact, smile, tone of voice, body language, positioning in relation to client or group, enthusiasm, clear instructions, appropriate physical contact, rapport enhancing questioning/conversation skills, humour, motivating language, positive feedback, manaakitanga, whanaungatanga.
- Exercise professional role in coaching clients and groups.
- Exercise professional role in motivation.
- Enhancing participant experience - individual and group setting.

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

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

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

Please contact Toi Mai Workforce Development Council at qualifications@toimai.nz to suggest changes to the content of this skill standard.