

40537**Carry out exercise testing, and design and deliver exercise programmes**

Kaupae Level	4
Whiwhinga Credit	20
Whāinga Purpose	<p>This skill standard is for people who want to carry out testing for exercise participants and design, deliver and adapt safe and effective exercise programmes for participants.</p> <p>It is intended for people considering a career in the exercise industry as well as for those who deliver exercise sessions in the community that wish to upskill.</p> <p>This skill standard has been developed to align with the New Zealand Certificate in Exercise (Level 4) [Ref: 3563].</p>

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

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Carry out testing for exercise participants	a. Conduct a movement screen test on participants.
	b. Conduct fitness tests on participants informed by movement screen results and/or participant goals.
	c. Process, communicate and record testing results.

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
2. Design, deliver and adapt safe and effective exercise programmes for participants.	a. Design an exercise programme using participants testing results and goals.
	b. Explain the programme selection using underpinning anatomy and physiology knowledge.
	c. Describe the physiological responses to exercise and benefits of exercise.
	d. Coach participants through programme exercise sessions ensuring the correct technique is demonstrated.
	e. Demonstrate common exercises and associated underpinning anatomical knowledge.
	f. Monitor and adapt an exercise programme to meet exercise participants needs.

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

Assessment specifications:

Learners must have completed skill standards 40067 *Carry out pre-screening, warm up and cool down activities for an exercise session* and 40068 *Deliver an exercise experience using knowledge of functional anatomy and interpersonal skills*, or equivalent knowledge and skills.

Definitions:

Exercise session – a session (or workout) containing a series of exercises.

Exercise programme – a programme containing a series of sessions (workouts) done over a period of time.

Common at-risk group – group with commonly occurring conditions such as obesity, diabetes, asthma, hypertension etc.

Assessment Evidence:

- Assessment must take place in a realistic exercise coaching environment.
- For assessment criteria 1a, b and c – carry out testing for two participants (two of the participants required for 2a can be used)
- For assessment criterion 1b – conduct three fitness tests.
- For assessment criterion 2a – produce five exercise programmes for five clients with different goals – these can be hypothetical examples. One programme must be for a common at-risk group while the others can be from the general population.
- For assessment criterion 2b – explain the programme selection for two of the exercise programmes produced in 2a.

- For assessment criterion 2d – coach 20 exercise sessions and record in a logbook. At least two different participants must be used to achieve these sessions, two sessions must be observed, and each session must be a minimum of 25 minutes. Sessions can be one-on-one or group training.

Ngā momo whiwhinga | Grades available

Achieved

Ihirangi waitohu | Indicative content

Testing

- Movement screening for primal movement patterns.
- Fitness variables tests – risks, rationale for choosing the test.
- Participant interaction during testing – privacy, confidential, space, awareness.
- Improving testing – variables, reliability, validity.
- Fitness testing, normative data and recording data.
- Reasons for stopping testing, when not to test, initial baseline test and re-testing.

Programme Design and Delivery

- Coaching and programming a variety of common exercises (including knowledge of associated functional anatomy and safety considerations).
- Plan, design and deliver programmes catering to a variety of general population goals/outcomes using knowledge of programming variables and coaching skills.
- Exercise plans or programmes – evaluating, updating, applying relevant progression, regression and modification parameters based on client need.
- Appropriate physical contact, privacy and confidentiality.
- Professional standards, responsibilities and codes of ethical practice.

Anatomy and Physiology

- Introduction to anatomical terms – locations, definitions, descriptions of common anatomical terms.
- Movement terminology (joint actions in relation to exercise and associated musculature).
- Physiological responses to exercise.
- Practical application of energy systems in the context of exercise programming.
- Cardiovascular system overview.
- Functions of the nervous system as it relates to movement.
- Structure of skeletal muscle – overview of the structure, muscle fibres, tendons and ligaments.
- Functions of skeletal muscle – force regulation, relationship between force, velocity and power in movement.

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 Kouna | 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	27 March 2025	N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2029		

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