

## 40538 Provide lifestyle coaching to exercise participants

<b>Kaupae   Level</b>	4
<b>Whiwhinga   Credit</b>	10
<b>Whāinga   Purpose</b>	<p>This skill standard is for people who want to coach and support their exercise participants, providing them with the skills and knowledge needed to make lifestyle changes that support their desired goals outside of exercise sessions.</p> <p>It is intended for people considering a career in the exercise industry as well as people who deliver exercise sessions in the community wanting 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. Describe the basics of nutrition and a healthy lifestyle that support lifestyle changes for exercise participants.	a. Describe the components of a healthy lifestyle.
	b. Describe the basics of healthy nutrition.
	c. Explain how health and wellness frameworks contribute to exercise participant health outcomes.
2. Coach exercise participants to make positive lifestyle changes.	a. Collect participant lifestyle information including goals.
	b. Provide healthy lifestyle guidance to participants using coaching conversations in a consultation setting.
	c. Provide nutritional support for exercise participants.
	d. Apply a behaviour change model in a coaching setting to participants
	e. Identify when a referral to allied health professionals would benefit exercise participants.

### 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**

- Components of a healthy lifestyle – can include Te Whare Tapa Whā, Fonofale model, physical activity, structured exercise, rest and recovery, sleep, stress management, nutrition, hydration, social, mental health.
- Nutrition – basic nutrition principles in relation to client goals and outcomes, current nutrition environment, techniques for gathering nutritional information, making simple recommendations in line with scope of practice, healthy eating guidelines, and weight management.
- Coaching conversations encouraging positive lifestyle changes – motivational interviewing.
- Health and wellness frameworks – holistic and/or person-centred approach, knowledge and application in a coaching setting.
- Scope of practice and referring to allied health professionals.
- Exercise professional role in enhancing or promoting behaviour change.
- Behaviour change models and theory.
- Cultural competency and/or socio-economic considerations (relationships with food).
- Exercise adherence strategies to support and optimise client performance.
- Monitoring progress and applying intervention strategies.

**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  </b> Standard Setting Body	Toi Mai Workforce Development Council
<b>Whakaritenga Rārangi Paetae Aromatawai  </b> DASS classification	Community and Social Services > Exercise > Fitness Assessment and Exercise Instruction
<b>Ko te tohutoro ki ngā Whakaritenga i te</b> <b>Whakamanatanga me te Whakaōritenga  </b> CMR	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	27 March 2025	N/A
<b>Kōrero whakakapinga   Replacement information</b>	N/A		
<b>Rā arotake   Planned review date</b>	31 December 2029		

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.