

41128**Prepare for and demonstrate a pre-choreographed group exercise class**

Kaupae Level	3
Whiwhinga Credit	15
Whāinga Purpose	<p>This skill standard is intended for people considering a career in the exercise industry who wish to deliver a pre-choreographed exercise programme to groups.</p> <p>Learners will be able to prepare for a pre-choreographed group exercise class and demonstrate a technically correct and safe pre-choreographed group exercise programme.</p> <p>This skill standard aligns with the New Zealand Certificate in Pre-choreographed Group Exercise (Level 4) [Ref: 3582].</p>

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

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Prepare for a pre-choreographed group exercise class.	a. Demonstrate pre-class setup and preparation.
	b. Describe the planning requirements for delivery of an industry approved pre-choreographed programme.
2. Demonstrate a technically correct industry approved pre-choreographed group exercise programme using appropriate cues, timing and communication techniques.	a. Demonstrate technically correct physical execution of movement while following programme choreographic principles.
	b. Demonstrate effective use of cues and timing while delivering programme content.
	c. Apply appropriate communication techniques to effectively deliver a programme.
3. Apply professional practice and follow health and safety practices to meet organisation and industry requirements.	a. Apply professional practice in terms of code of ethics and scope of practice to meet organisational requirements.
	b. Follow health and safety practices in terms of facility procedures and exercise industry guidelines.

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

Choreography - a series of exercises performed and linked together to create an exercise routine.

Pre-choreographed group exercise class - instruction of a group exercise programme designed by someone else and not modified by the group exercise instructor.

Assessment evidence:

- Assessment must take place in a realistic exercise coaching environment.
- All classes must be delivered in accordance with the pre-choreographed group exercise class programme.

Ngā momo whiwhinga | Grades available

Achieved

Ihirangi waitohu | Indicative content

- Pre-class setup and preparation: equipment, instructor and environment in accordance with class requirements.
- Planning requirements: equipment availability, space, participant needs, level options, class size, conditioning goals, time limits, class duration.
- Technically correct physical execution of movement: word selection, safety instruction, technique correction, coaching.
- Cues: effective pre cues ahead of the move/exercise, clear verbal and visual cues during delivery.
- Timing: correct beat and phrase of the music.
- Communication techniques: vocal contrast, confidence and connection to music.
- Code of ethics and Scope of Practice.
- Health and Safety Practices.

Rauemi | Resources

- 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. This is 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	Services Industry Skills Board
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	26 February 2026	N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2030		

Please contact Services Industry Skills Board at qualifications@servicesisb.nz to suggest changes to the content of this skill standard.