

41129**Deliver and review a pre-choreographed group exercise class**

Kaupae Level	3
Whiwhinga Credit	25
Whāinga Purpose	<p>This skill standard is intended for people considering a career in the exercise industry and who wish to deliver a pre-choreographed exercise programme to groups.</p> <p>Learners will be able to prepare participants for a pre-choreographed exercise class, apply interpersonal skills to enhance participant's experience, and deliver and review a pre-choreographed group exercise class in the exercise industry.</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 participants for a pre-choreographed group exercise class.	a. Interact appropriately with participants pre-class.
	b. Identify new participants and discuss options for class participation level.
2. Apply interpersonal skills to enhance participant's exercise experience in a pre-choreographed group exercise class.	a. Explain the components and benefits of the specific class type to participants.
	b. Apply communication techniques to build relationships that enhance a participant's exercise experience.
	c. Use interpersonal skills to coach, motivate and enhance a group exercise experience.

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
3. Deliver a pre-choreographed group exercise class.	a. Demonstrate warm up and cool down procedures for the class.
	b. Demonstrate and monitor safe exercise practices and procedures.
	c. Demonstrate and coach class specific exercise techniques.
	d. Demonstrate and coach level options for each basic exercise technique.
	e. Monitor participant performance and modify techniques to increase or decrease individual intensity levels.
4. Review delivery of a pre-choreographed group exercise class.	a. Carry out post class processes and procedures.
	b. Demonstrate post-class interaction with participants.
	c. Use feedback and self-review to make improvements.

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

Assessment specifications:

Learners must have completed skill standard 41128, *Prepare for and demonstrate a pre-choreographed group exercise class* or equivalent knowledge and skills.

Definitions:

Choreography – how a series of exercises are performed and linked together to create an exercise routine.

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

Class types - step, indoor cycle, free weights, cardio martial fit class, circuit, group exercise dance class, mind and body class, core conditioning with equipment.

Assessment evidence:

- Assessment must take place in a realistic exercise coaching environment.
- The candidate must be assessed instructing a class of at least five participants.
- The candidate must deliver an exercise class for a minimum of one class type in accordance with pre-choreographed programme.
- 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 participant interaction.
- Components: strength, speed, power, aerobic fitness, posture and alignment, muscular endurance, flexibility, agility, mobility.
- Benefits: improved health, body composition, mental health, bone density, stress management, sleep quality.
- Communication and building relationships: eye contact, smile, tone of voice, body language, positioning in relation to group, enthusiasm, clear instructions, appropriate physical contact, rapport enhancing questioning/conversation skills, humour, motivating language, positive feedback, manaakitanga, whanaungatanga.
- Exercise professional role in motivation.
- Enhancing participant experience in a group setting.
- Warm up and cool down: stretching, body positioning, repetition, breathing used, equipment use, timing, tempo.
- Class specific exercise techniques: name of exercise, body positioning and alignment, equipment usage, tempo, breathing, major muscle groups, key joints, safety cues, intensity, flow of movements.
- Level options, progressions and regressions.
- Corrective coaching techniques.
- Post class interaction, processes and procedures.
- Feedback and self-review.

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.