

41130**Plan, deliver and review a freestyle group exercise class**

Kaupae Level	4
Whiwhinga Credit	10
Whāinga Purpose	<p>This skill standard 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>Learners will be able to plan and choreograph, apply interpersonal skills, deliver and adapt, and review a freestyle group exercise class.</p> <p>This skill standard aligns with the Freestyle Group Exercise (Micro-credential) (ID: 129753).</p>

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

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Plan and choreograph a freestyle group exercise class.	a. Identify class type, target market and intended outcomes.
	b. Develop class plans and choreography for a group exercise class to meet the class type, target market and intended outcomes.
2. Apply interpersonal skills to enhance participant's exercise experience in a freestyle group exercise class.	a. Apply communication techniques to build relationships that enhance a participant's exercise experience
	b. Use interpersonal skills to coach, motivate and enhance a group exercise experience.
3. Deliver and adapt a freestyle group exercise class.	a. Demonstrate safe management of the class environment and resources.
	b. Deliver a class according to the class plan and choreography.
	c. Adapt the delivery to meet participants needs.
4. Review a freestyle group exercise class.	a. Review the class plan and choreography to recommend improvements.
	b. Review the delivery of the class to recommend improvements.

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:

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

Freestyle – exercises performed to music or with music, in a sequence created by the instructor.

Class plan – includes choreography, warm up, conditioning phase, cool down, venue, equipment, class expectations.

Assessment Evidence:

- Assessment must take place in a realistic exercise coaching environment.
- For assessment criterion 1b – two class plans must be developed.
- For assessment criterion 3b – the candidate must be assessed delivering a freestyle choreographed exercise class, of at least 30 minutes in duration, to a minimum group of five participants.

Ngā momo whiwhinga | Grades available

Achieved

Ihirangi waitohu | Indicative content

- Class type, target market, intended outcomes.
- Class plan and choreography: venue, resources and equipment needed, music selection and timing, exercise selection and associated functional anatomy, choreographic principles, progression and regressions, warm up, conditioning phase and cool down.
- 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.
- Exercising professional role in motivation.
- Enhancing participant experience in a group setting.
- Safe management of class environment and resources.
- Content delivery, adhering to the choreography and timing.
- Coaching: effective cues ahead of the move/exercise, correct execution of demonstrations,
- Intensity options, relevant to class/individual needs.
- Adaptations: modifications for moves, visual instruction and vocal quality, contrast and cueing.
- Class plan and choreography review and improvements.
- Class delivery review and improvements.

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.