

**FIELD COMMUNITY AND SOCIAL SERVICES****Review of *Exercise Prescription, Fitness Assessment and Individual Fitness Instruction, Fitness Education, and Fitness Industry Education* unit standards**

<b>Subfield</b>	<b>Domain</b>	<b>Id</b>
Fitness	Exercise Prescription	7022, 7024, 7029
	Fitness Assessment and Individual Fitness Instruction	7036, 7059
	Fitness Education	505
	Fitness Industry Education	7038

Sfrito Limited has completed the review of the unit standards listed above that were registered in February 2000 and December 2001.

**Date new versions published**

**April 2006**

**Planned review date**

**December 2011**

**Summary of review and consultation process**

The review began in October 2003. A sector advisory group (including industry representatives from providers, workplaces, assessors and consultants) meeting was called to review existing feedback, determine the unit standards and qualifications 'fitness for purpose', and make recommendations to Sfrito on behalf of the sector.

It was decided that all of the unit standards in the Fitness subfield should be considered in the review and that the qualifications required a significant shift to align them clearly with roles within the workplace. It was reasoned that many of the unit standards were 'academic' rather than 'practical' and that the unit standards no longer met workplace role requirements.

Thereafter a series of 'expert panel meetings' were conducted in Auckland, Wellington, and Christchurch. Each panel reviewed three main roles in the industry and arrived at qualifications that met their expectations and the industry's needs. This was accomplished by using a task matrix for each role and then mapping that back to an appropriate qualification. The panels then defined each component of the roles in more detail resulting in a list of knowledge and skills each role holder must have.

The unit standards were then critiqued against this framework and where a fit existed (or could be made with slight adjustments to the unit standard) the unit standard was accepted. Where there was no unit standard that was appropriate or the content of a well titled unit standard no longer met industry need, either the unit standard was reviewed or a new unit standard was developed.

This review report deals only with the standards listed in the table above. The remainder of the standards in the Fitness subfield that were part of the overall review will be submitted at a later date. It is expected that full review will be completed by December 2006.

**Main changes resulting from the review**

- Unit standard 7022 was deemed unnecessary to industry. It was considered unwieldy and difficult to assess under normal workplace conditions. Many of the outcomes contained within the standard exist independently within other Fitness unit standards.
- Unit standard 7024 was also deemed to be difficult to assess and to have a significantly larger learning and assessment demand than the credits recognised. The significant outcomes contained within the standard (knowledge of exercise prescription and physiology) have been separated into two replacement standards 22265 and 22266.
- Unit standard 7029 has been replaced by 22259, which better meets the need of industry, and is more assessable. The advisory group considered that the implementation and follow-up aspects of the standard warranted a C review category. The replacement standard has been registered in the Fitness Assessment and Individual Fitness Instruction domain.
- Unit standard 7036 has had its level increased from 3 to 4 to more accurately reflect the complexity of the activities. The element regarding analysing the activity needs of individual clients has been removed as this is more fully covered in other Fitness unit standards.
- Unit standard 7038 has been changed to include an element on customer goals and preferences when choosing a fitness enterprise. The element about an enterprise's relationship with other health and recreation services has been removed, as this is generally outside the scope of fitness employees operating at this level.
- Unit standard 7059 has been replaced with 22880, which shifts the focus away from ongoing client support to initial recruitment and orientation of clients, to reflect normal enterprise practice.
- New unit standards have been written to fill gaps identified by the industry, particularly in the area of fitness assessment and individual fitness instruction – see below.

### Unit standards categorised as category C or D expire at the end of December 2008.

#### Impact on existing provider accreditations

Current Accreditation for			Accreditation extended to		
Nature of accreditation	Classification or Id	Level	Nature of accreditation	Classification or Id	Level
Subfield	Fitness	3	Standard	7036 and 22259	4
Domain	Exercise Prescription	3	Standard	22259	4
Domain	Fitness Assessment and Individual Fitness Instruction	3	Standard	7036	4

#### Impact on existing qualifications

Qualifications that contain the reviewed standards or classifications are tabled below.

<b>Affected</b>	The qualification lists a reviewed classification (domain or subfield) in an elective set The qualification lists a standard that has changes to level or credits The qualification lists a C or D category standard
<b>Not materially affected</b>	The qualification lists a standard that has a new title The qualification lists a standard that has a new classification

The following Sfriso qualifications are affected by the outcome are currently under review. The unit standards that have affected the qualifications are in **bold**.

Qualification title	Standard in the qualification
National Certificate in Fitness (Level 3) with strands in Group Fitness Instruction, and Individual Fitness Instruction [Ref: 0447]	505, <b>7022, 7029, 7036</b> , 7038, <b>7059</b>
National Certificate in Fitness (Level 4) with strands in Group Fitness Instruction, Individual Fitness Instruction, and Personal Training [Ref: 0448]	505, <b>7022, 7024, 7029, 7036</b> , 7038, <b>7059</b>
National Certificate in Snowsport (Snowschool) (Level 5) with optional strands in Children's Instruction, and Pipe and Park Instruction [Ref: 0971]	505

The following qualifications are not materially affected by the changes. They will be updated when next reviewed.

Qualification title	Standard in the qualification
National Certificate in Security (Level 2) [Ref: 0176]	505
National Certificate in Security (Level 3) with strands in Mobile Patrol, Personal Protection, Retail Security, Secure Transport, Site Security, and Venue Security [Ref: 0227]	505
National Certificate in Apiculture (Level 2) [Ref: 1036]	505
National Certificate in Urban Search and Rescue - Operations (Level 3) with strands in Canine Search Specialist, Response Leader, Response Medic, Rope Operations, Technician, and Training [Ref: 1114]	505

### Summary of main changes to standards' Ids, classification, titles, levels, and credits

The following summary shows the changes made to the standards as a result of the review. All changes are in **bold**.

Key to review category	
<b>A</b>	Dates changed, but no other changes are made - the new version of the standard carries the same Id and a new version number
<b>B</b>	Changes made, but the overall outcome remains the same - the new version of the standard carries the same Id and a new version number
<b>C</b>	Major changes that necessitate the registration of a replacement standard with a new Id
<b>D</b>	Standard will expire and not be replaced

Subfield      Fitness  
Domain        Exercise Prescription

Id	Title	Level	Credit	Review Category
7022	Demonstrate knowledge of the principles of safe physical activity	3	8	D
7024	Demonstrate knowledge of exercise science principles and apply to exercise prescription	3	7	C
<b>22265 and 22266</b>	<b>Demonstrate knowledge of exercise prescription</b>	<b>3</b>	<b>7</b>	
	<b>Demonstrate knowledge of exercise physiology and human anatomy</b>	<b>3</b>	<b>10</b>	
<b>22264</b>	<b>Instruct and monitor resistance training</b>	<b>3</b>	<b>4</b>	<b>New</b>

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>	<b>Review Category</b>
7029	Design an exercise programme in accordance with the client's goals and objectives	3	6	C
<b>22259*</b>	<b>Design and implement an exercise programme in accordance with a client's goals and objectives</b>	<b>4</b>	<b>6</b>	

\* this standard is registered in the *Fitness Assessment and Individual Fitness Instruction* domain

Domain Fitness Assessment and Individual Fitness Instruction

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>	<b>Review Category</b>
7036	Assess individual fitness for activity	3 4	6	B
7059 <b>22880</b>	Induct and support clients in fitness activity <b>Tour a potential member through a fitness enterprise and gain commitment to act</b>	3	4	C
<b>22258</b>	<b>Assess individual exercise preferences, barriers and goals</b>	<b>4</b>	<b>3</b>	<b>New</b>
<b>22260</b>	<b>Demonstrate knowledge of human behaviour and exercise adherence</b>	<b>3</b>	<b>4</b>	<b>New</b>
<b>22261</b>	<b>Demonstrate knowledge of the purpose, pitfalls and use of exercise testing</b>	<b>3</b>	<b>4</b>	<b>New</b>
<b>22262</b>	<b>Monitor client exercise adherence and apply motivational techniques to enhance client commitment</b>	<b>4</b>	<b>4</b>	<b>New</b>
<b>22263</b>	<b>Review and adapt an exercise programme to optimise client results in line with client goals</b>	<b>4</b>	<b>6</b>	<b>New</b>

Domain Fitness Education

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>	<b>Review Category</b>
505	Manage personal physical fitness <b>Manage personal physical fitness with guidance</b>	1	3	B

Domain Fitness Industry Education

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>	<b>Review Category</b>
7038	Explain the purpose, structure and operations of a fitness enterprise <b>Explain the purpose and structure of a fitness enterprise</b>	3	4	B