

**FIELD COMMUNITY AND SOCIAL SERVICES****Review of *Fitness Assessment and Individual Fitness Instruction* and *Group Fitness Instruction* unit standards**

<b>Subfield</b>	<b>Domain</b>	<b>Id</b>
Fitness	Fitness Assessment and Individual Fitness Instruction	7058
	Group Fitness Instruction	7051-7057, 9809, 13379

The Sport, Fitness and Recreation Industry Training Organisation Limited (Sfrito) has completed the review of the unit standards listed above that were registered in February 2000 and December 2001.

**Date new versions published**

**February 2007**

**Planned review date**

**December 2012**

**Summary of review and consultation process**

The review began in October of 2003. A sector advisory group 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. The advisory group included representatives from industry, providers, workplaces, assessors, and consultants.

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 they no longer met workplace role requirements.

**Main changes resulting from the review**

In the case of the standards listed in the table above, they were found to be of no further use to industry. They will expire and not be replaced. New unit standards have been developed that better reflect the needs of industry.

**Unit standards categorised as category D expire at the end of December 2009.**

**Impact on existing provider accreditations**

None.

**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 Sfrito qualifications affected by the outcome are currently under review. A suite of new qualifications will be registered to replace the existing qualifications, following the registration of the new suite of Group Fitness standards. 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]	<b>7058, 7051-7053, 13379</b> , 9809
National Certificate in Fitness (Level 4) with strands in Group Fitness Instruction, Individual Fitness Instruction, and Personal Training [Ref: 0448]	<b>7058, 7051-7056</b> , 7057, <b>13379</b> , 9809

### 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

- A** Dates changed, but no other changes are made - the new version of the standard carries the same Id and a new version number
- 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
- C** Major changes that necessitate the registration of a replacement standard with a new Id
- D** Standard will expire and not be replaced

Subfield      Fitness

Domain        Fitness Assessment and Individual Fitness Instruction

Id	Title	Level	Credit	Review Category
7058	Monitor client exercise	3	6	D

Domain        Group Fitness Instruction

Id	Title	Level	Credit	Review Category
7051	Develop and teach a freestanding exercise-to-music class	3	5	D
7052	Operate audio equipment for exercise-to-music classes	3	2	D
7053	Use fitness equipment in exercise-to-music classes	3	4	D
7054	Develop and teach exercise-to-music classes for participants in sports and specific recreational activities	4	4	D
7055	Develop and teach exercise-to-music classes for people with special needs	4	4	D
7056	Develop and teach specialist exercise-to-music classes for older people and seniors	4	4	D
7057	Develop and teach specialist exercise-to-music classes for children and adolescents	4	4	D
9809	Develop and teach aquafitness exercise-to-music classes	4	5	D
13379	Apply motivational techniques to enhance client commitment to exercise-to music classes	4	2	D

<b>Id</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>	<b>Review Category</b>
<b>22772</b>	<b>Demonstrate knowledge of exercise, motivation, and the structure of group fitness classes</b>	<b>3</b>	<b>12</b>	<b>New</b>
<b>22773</b>	<b>Plan and teach a Step class</b>	<b>3</b>	<b>12</b>	<b>New</b>
<b>22774</b>	<b>Plan and teach a Spin class</b>	<b>3</b>	<b>12</b>	<b>New</b>
<b>22775</b>	<b>Plan and teach a Pump class</b>	<b>3</b>	<b>12</b>	<b>New</b>
<b>22776</b>	<b>Plan and teach a kicking and boxing class</b>	<b>3</b>	<b>12</b>	<b>New</b>
<b>22777</b>	<b>Plan and teach a Circuit class</b>	<b>3</b>	<b>12</b>	<b>New</b>
<b>22778</b>	<b>Plan and teach a chest deep aquafitness class</b>	<b>3</b>	<b>15</b>	<b>New</b>
<b>22779</b>	<b>Plan and teach a deep water aquafitness class</b>	<b>3</b>	<b>15</b>	<b>New</b>
<b>22780</b>	<b>Plan and teach a High and Low class</b>	<b>3</b>	<b>12</b>	<b>New</b>