

FIELD COMMUNITY AND SOCIAL SERVICES

Review of *Fitness* qualifications

National Certificate in Fitness (Level 3) with strands in Group Fitness Instruction, and Individual Fitness Instruction [Ref: 0447]

National Certificate in Fitness (Level 4) with strands in Group Fitness Instruction, Individual Fitness Instruction, and Personal Training [Ref: 0448]

The Sport, Fitness and Recreation Industry Training Organisation (Sfrito Ltd) has completed the review of the qualifications listed above.

New qualifications

National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318]

National Certificate in Fitness (Group Fitness Instruction) (Level 3) [Ref: 1319]

National Certificate in Fitness (Personal Training Business Skills) (Level 4) [Ref 1320]

Date new versions published

September 2007

The next qualification review is planned to take place during 2011.

Summary of review and consultation process

In 2003 Sfrito initiated a review of fitness sector unit standards and qualifications as a result of industry feedback and standard setting requirements. Through the review process, initially involving wide consultation with stakeholders in meetings in Auckland, Christchurch, and Wellington, it was decided that a complete restructure of the national fitness qualification pathway was required to better represent the roles, skill sets and aspirations of those engaged within the industry.

The existing qualifications were large and stranded and it was felt that they did not align well to the roles within the industry nor was a definitive pathway evident. This was reflected in the poor uptake of some qualifications or their strands. There also existed a need for a qualification which dealt with the common skills and understandings required to operate at the most fundamental level in the industry. This qualification was to act as a stepping stone into the individual fitness pathway, whilst some of its standards were also shared with the group fitness qualification reflecting the overlap of skill sets that exist in the roles.

Finally, as at the higher level there was no appropriate qualification, it was decided a national diploma was required that provided a flexible approach to recognizing the skills and knowledge of industry participants at this level. The National Diploma in Fitness (Applied) Level 5 was shaped to allow for the diversity that might exist between business acumen, technical skill (for example with specific populations), management (for example a club manager, personal training manager, or group fitness manager), or complimentary skills (for example massage, nutrition or adult education). This qualification completed the pathway and allowed those with higher aspirations and roles that demanded advanced skills to be recognized.

Subsequent to the initial wider review a series of expert panel groups were formed enabling specific areas of the industry to be investigated and standards to be developed that were current and robust. This consultation and development process took place from 2003 through to 2006 and included panels meeting on the individual fitness pathway and the group fitness pathway. The technical expertise and focus of these groups greatly affected the standards and has resulted in very tailored and industry specific standards now appearing on the Framework. In order to develop the broader diploma standards and provide sufficient flexibility of input and expertise, consultants were used. These included experts from the health and medical profession and sports. The resulting standards have been reviewed and endorsed by a wider audience including professionals in hospitals, sports training professionals, and rehabilitation experts. These are currently undergoing evaluation and it is hoped will allow a more varied opportunity for those engaged in the national diploma by the end of 2008.

Main changes resulting from the review

The National Certificate in Fitness (Level 3) with strands in Group Fitness Instruction, and Individual Fitness Instruction [Ref: 0447] is no longer suitable for industry and will expire. A range of new qualifications has been developed to more accurately reflect the knowledge and skills required for a successful career in the fitness industry. It is recommended that candidates enrol in either the National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318], or the National Certificate in Fitness (Group Fitness Instructor) (Level 3) [Ref: 1319].

The National Certificate in Fitness (Level 4) with strands in Group Fitness Instruction, Individual Fitness Instruction, and Personal Training [Ref: 0448] is no longer suitable for industry. The qualification will expire and not be replaced. A range of new qualifications has been developed to more accurately reflect the knowledge and skills required for a successful career in the fitness industry. It is recommended that candidates enrol in either the National Certificate in Fitness (Personal Training Business Skills) (Level 4) [Ref: 1320], or the National Diploma in Fitness (Applied) (Level 5) [Ref: 1240].

National Certificate in Fitness (Level 3) with strands in Group Fitness Instruction and Individual Fitness Instruction [Ref: 0447]

Review category	D	See Key to Qualification Review Categories at the end of report
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Summary of differences between this and the two new qualifications:

- The Group Fitness and Individual Fitness Instruction components of the old qualification were split into two new qualifications.
- Newly developed standards in specific group exercise disciplines were included in the National Certificate in Fitness (Group Fitness Instruction) (Level 3) [Ref: 1319] to enable candidates to have their skills recognised within those particular disciplines.
- Newly developed standards in fitness assessment and individual fitness instruction have been included in the National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318].

National Certificate in Fitness (Level 4) with strands in Group Fitness Instruction, Individual Fitness Instruction, and Personal Training [Ref: 0448]

Review category	D	See Key to Qualification Review Categories at the end of report
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There is no commonality with new qualifications.

Transition

While not direct replacements, the National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318] and the National Certificate in Fitness (Group Fitness Instruction) (Level 3) [Ref: 1319] contain aspects of the National Certificate in Fitness (Level 3) with strands in Group Fitness Instruction and Individual Fitness Instruction [Ref: 0447].

Newly developed standards in fitness assessment and individual fitness instruction were now available and reflect the industry requirement to better understand clients' behaviour and exercise adherence, assess clients' exercise barriers, preferences, and goals, prescribe exercise, and provide support through monitoring, review, and motivational intervention for clients.

People enrolled in programmes leading to the National Certificate in Fitness (Level 3) with strands in Group Fitness Instruction, and Individual Fitness Instruction [Ref: 0447] and the National Certificate in Fitness (Level 4) with strands in Group Fitness Instruction, Individual Fitness Instruction, and Personal Training [Ref: 0448] qualifications may complete those qualifications but Sfriso would encourage transfer to the another qualification in this suite:

- National Certificate in Fitness (Foundation Skills) (Level 2) [Ref: 1239]
- National Certificate in Fitness (Exercise Consultant) Level 3 [Ref: 1318]
- National Certificate in Fitness (Group Fitness Instruction) Level 3 [Ref: 1319]
- National Certificate in Fitness (Personal Training Business Skills) Level 4 [Ref: 1320]
- National Diploma in Fitness (Applied) (Level 5) [Ref: 1240]

For those who already hold the National Certificate in Fitness (Level 3) Group Fitness Instruction strand or the National Certificate in Fitness (Level 4) Group Fitness Instruction strand and wish to achieve the National Certificate in Fitness (Group Fitness Instruction) Level 3 [Ref: 1319] to gain currency, Elective A (minimum of 1 standard) must be completed.

For those who already hold the National Certificate in Fitness (Level 3) Individual Fitness Instruction strand or the National Certificate in Fitness (Level 4) Individual Fitness Instruction or Personal Training strand and wish to achieve the National Certificate in Fitness (Group Fitness Instruction) (Level 3 [Ref: 1319], they will need to be credited with standard 22772 and one of 22773-22780.

For those who already hold the National Certificate in Fitness (Level 3) Individual Fitness Instruction strand or the National Certificate in Fitness (Level 4) Individual Fitness Instruction or Personal Training strand, who also want to be awarded the National Certificate in Fitness (Exercise Consultant) Level 3 [Ref: 1318], standards 22258, 22260, and 22262 must be completed.

For those who hold the National Certificate in Fitness (Level 3) Group Fitness Instruction strand or the National Certificate in Fitness (Level 4) Group Fitness Instruction strand and wish to achieve the National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318], they will need to be credited with the standards 21792-21795 and 6517 (coming from the prerequisite National Certificate in Fitness (Foundation Skills) (Level 2) [Ref: 1239]) and all of National Certificate in Fitness (Exercise Consultant) Level 3 [Ref: 1819].

For those who hold the National Certificate in Fitness (Level 3) Group Fitness Instruction strand or the National Certificate in Fitness (Level 4) Group Fitness Instruction strand and wish to achieve the National Certificate in Fitness (Personal Training Business Skills) (Level 4) [Ref: 1320], they will need to be credited with standards 21792-21795 and 6571 and all of the National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318] and all of the National Certificate in Fitness (Personal Training Business Skills) (Level 4) [Ref: 1320].

For those who already hold the National Certificate in Fitness (Level 3) Individual Fitness Instruction strand or the National Certificate in Fitness (Level 4) Individual Fitness Instruction strand or Personal Training strand and wish to achieve National Certificate in Fitness (Personal Training Business Skills) Level 4 [Ref: 1320], they will need to be credited with standards 22258, 22260 and 22262 and all of National Certificate in Fitness (Personal Training Business Skills) Level 4 [Ref: 1320].

The last date to meet the requirements of the National Certificate in Fitness (Level 3) with strands in Group Fitness Instruction, and Individual Fitness Instruction [Ref: 0447] and the National Certificate in Fitness (Level 4) with strands in Group Fitness Instruction, Individual Fitness Instruction, and Personal Training [Ref: 0448] is 31 December 2009.

The National Certificate in Fitness (Exercise Consultant) (Level 3) [Ref: 1318] also contains standards that replace earlier standards. For the purposes of these qualifications people who have gained credit for the expiring standards are exempt from the requirement to gain credit for the replacement standards.

Credit for	Exempt From
7024	22265 and 22266
7029	22259
7059	22280

It is not intended that anyone be disadvantaged by this review. Sfrito will address requests for transition received after December 2009 on a case-by-case basis. People who wish to seek advice or feel disadvantaged by these transition arrangements are advised to contact Sfrito at the address below.

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Key to Qualification Review Categories

Category A The qualification is published as a new version with the same NQF ID	Changes are made to SSB name, contact details or purpose statement
	No change is made to title, rules or components of the qualification
	No transition arrangements are required
Category B The qualification is published as a new version with the same NQF ID	Changes are made to title, rules or components
	The new version of the qualification recognises a similar skill set to that recognised by the previous version
	The SSB is confident that people awarded the new or previous version are comparable in terms of competence
	Transition arrangements are required if candidates must gain additional/different credits for the new version
Category C A new (replacement) qualification is published with new NQF ID	Significant changes are made to the qualification in terms of components, structure, type or level
	The SSB views people with the replacement qualification as being significantly different in terms of competence from those with the replaced qualification
	Transition arrangements are required
	Transition may be limited to phase-out dates
Category D Qualification will expire. There is no replacement qualification	Qualification is no longer required by industry
	The qualification is designated as expiring and a last date for meeting the qualification requirements is set