

Impact on existing provider accreditations

Current Accreditation for			Accreditation extended to		
Nature of accreditation	Classification	Level	Nature of accreditation	Id	Level
Subfield	Fitness	4	Standards	25989, 25993	5
Domain	Exercise Prescription	4			

Impact on AMAP

These unit standards have been transferred from AMAP 0069 to AMAP 0099.

Impact on registered qualifications

None.

Review categories and changes to classification, title, level, and credits

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 Exercise Prescription

Id	Title	Level	Credit	Review Category
7025	Apply knowledge of exercise physiology principles	5	5	D
7030	Design personal exercise programmes for people with special needs	4	6	C
25989	Design, implement and evaluate an exercise programme for an identified special population	5	10	
7031	Apply knowledge of exercise prescription to ante- and post-natal women	5	4	C
25990	Demonstrate knowledge of exercise prescription for pregnant and new mothers	5	5	
7032	Apply knowledge of exercise prescription for older people and seniors	5	5	C
25991	Demonstrate knowledge of exercise prescription for older people	5	8	
7033	Apply knowledge of exercise prescription for cardiac fitness and rehabilitation	5	5	C
25992	Demonstrate knowledge of exercise prescription for individuals with cardiovascular disease	5	6	

Id	Title	Level	Credit	Review Category
7034	Apply knowledge of exercise considerations for children and adolescents	4	4	C
25993	Demonstrate knowledge of exercise prescription for children and adolescents	5	5	
7035	Apply knowledge of exercise prescription for previously inactive and overweight adults	5	4	D
25994	Demonstrate knowledge of exercise prescription for people with diabetes	5	6	New
25995	Demonstrate knowledge of exercise prescription for people with bone and joint conditions	5	5	New
25996	Demonstrate knowledge of exercise prescription for people with respiratory conditions	5	5	New

Subfield Fitness

Domain Fitness Assessment and Individual Fitness Instruction

Id	Title	Level	Credit	Review Category
7037	Adapt fitness assessments and screening procedures for individuals with special needs	4	6	D
7061	Provide fitness instruction for individuals with special needs	4	6	D

Subfield Fitness

Domain Fitness Industry Education

Id	Title	Level	Credit	Review Category
7039	Identify components and analyse structure of the fitness industry	4	3	D
7041	Analyse contemporary issues in the fitness industry	4	4	D