#### FIELD COMMUNITY AND SOCIAL SERVICES

#### Review of Fitness unit standards

Subfield	Domain	ld
Fitness	Exercise Prescription	7025, 7030-7035
	Fitness Assessment and Individual Fitness Instruction	7061
	Fitness Industry Education	7039, 7041

Skills Active Aotearoa Limited has completed the review of the unit standards listed above.

Date new versions published

February 2010

Planned review date

December 2013

### Summary of review and consultation process

The review began in October 2003. It was suspended in 2004 and resumed in March 2009.

Given the time since the initial review process it was considered necessary to resume with a new sector advisory group. A meeting was called to review existing feedback, review the unit standards to ascertain whether they were 'fit for purpose', consider usage, and make recommendations as to the course of action for Skills Active Aotearoa Limited. This meeting involved industry representatives from providers, workplaces, assessors and exercise consultants. Industry advised that the unit standards about working with special populations (individuals or groups with medical conditions or special needs) were the review priority.

The Advisory Group determined a number of the unit standards about working with special populations were not sufficiently used because of the academic rather than practical language and no longer met workplace requirements.

The reviewed unit standards allow candidates to have their skills recognised by the primary health sector and medical fraternity. This will encourage an increase in the professional referral of patients at significant risk to competent exercise professionals.

## Main changes resulting from the review

- Three new unit standards were developed.
- Five unit standards were designated expiring (category C) and were replaced by new unit standards.
- Six unit standards were designated expiring (category D) and will not be replaced as they no longer met workplace requirements.

Unit standards categorised as category C and D expire at the end of December 2010.

# Impact on existing provider accreditations

<b>Current Accreditation for</b>			Accreditation extended to			
Nature of	Classification	Level	Nature of	ld	Level	
accreditation			accreditation			
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 ld
- D Standard will expire and not be replaced

Subfield Fitness

Domain Exercise Prescription

ld	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	С
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	С
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	С
25991	Demonstrate knowledge of exercise prescription for older people	5	8	
7033	Apply knowledge of exercise prescription for cardiac fitness and rehabilitation	5	5	С
25992	Demonstrate knowledge of exercise prescription for individuals with cardiovascular disease	5	6	

ld	Title	Level	Credit	Review Category
7034	Apply knowledge of exercise considerations for children and adolescents	4	4	О
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

ld	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

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