

Field Community and Social Services**Review of *Group Fitness Instruction* unit standards**

Subfield	Domain	ID
Fitness	Group Fitness Instruction	22773-22780

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

Date new versions published **May 2012**

Planned review date **December 2017**

Summary

Skills Active Aotearoa began the review process for these unit standards in February 2011. A Technical Advisory Group (TAG) was selected to represent large gym chains, independent operators, council facilities, the three main pre-choreographed group fitness styles, free style instructors, and providers.

The significant issues identified by the TAG were that the current unit standards were not appropriate for group fitness instructors who use only pre-choreographed materials such as Les Mills, BTS and Radical gyms, and they did not cover new group fitness techniques that have begun to emerge in industry. The lack of pre-choreographed unit standard content meant that pre-choreographed instructors had no way of gaining full registration with the Register of Exercise Professionals (REP). It was agreed by the TAG that the generic components of pre-choreographed and freestyle instruction involved different but equally complex skills and knowledge.

Main changes

- The generic planning and instructing competencies were removed from all the specific class unit standards and two new generic freestyle and pre-choreographed unit standards (27718 and 27719) were developed.
- The specific class unit standards 22773-22777, were reviewed and replaced, and made fit for industry requirements.
- The chest deep and deep water aqua fitness class unit standards 22778 and 22779 were combined into a single new unit standard (27710).
- The High and Low class unit standard 22780 was designated expiring and will not be replaced.
- Three new specific class unit standards were developed for group fitness Dance (27715), Mind and Body (27716), and Core Conditioning with equipment (27717) classes.

Category C and D unit standards will expire at the end of December 2013

Impact on existing organisations with consent to assess

Current consent for			Consent extended to		
Nature of consent	Classification or ID	Level	Nature of consent	Classification or ID	Level
Standards	22773-22780	3	Domain	Group Fitness Instruction	3

Impact on Consent and Moderation Requirements (CMR)

All standards have been transferred to from CMR 0069 to 0099 which now covers all sectors for Skills Active Aotearoa.

Impact on registered qualifications

Key to type of impact	
Affected	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
Not materially affected	The qualification lists a standard that has a new title The qualification lists a standard that has a new classification

The following Skills Active Aotearoa qualifications are impacted by the outcome of this review and will be updated when they are reviewed in 2012. The classifications and/or standards that generated the status *Affected* are listed in **bold**.

Ref	Qualification Title	Classification or ID
1319	National Certificate in Fitness (Group Fitness Instruction) (Level 3)	22773-22780
1697	National Certificate in Recreation and Sport (Aquatics) (Level 3) with strands in Pool Lifeguard, Swim Education and Pool Operations	22779, 22780

Detailed list of unit standards – 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

Community and Social Services > Fitness > Group Fitness Instruction

ID	Title	Level	Credit	Review Category
22773	Plan and teach a Step class	3	12	C
27709	Instruct a Step class	3	7	
22774	Plan and teach a Spin class	3	12	C
27711	Instruct an indoor Cycling class	3	7	
22775	Plan and teach a Pump class	3	12	C
27712	Instruct a Free weights class	3	7	

ID	Title	Level	Credit	Review Category
22776 27713	Plan and teach a kicking and boxing class Instruct a cardio Martial Fit class	3 3	12 7	C
22777 27714	Plan and teach a Circuit class Instruct a Circuit class	3 3	12 7	C
22778 22779 27710	Plan and teach a chest deep aquafitness class Plan and teach a deep water aquafitness class Instruct an Aqua fitness class	3 3 3	15 15 9	C C
22780 27715	Plan and teach a High and Low class Instruct a group fitness Dance class	3 3	12 7	D New
27716	Instruct a Mind and Body class	3	7	New
27717	Instruct a Core Conditioning with equipment class	3	7	New
27718	Design and instruct a Freestyle class	3	10	New
27719	Instruct a Pre-choreographed routine	3	10	New