

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

| Subfield | Domain | ID |
|-----------------|---|--|
| Fitness | Exercise Prescription | 6572, 21791, 21792, 22265, 22266 |
| | Fitness Assessment and Individual Fitness Instruction | 7036, 13384, 22258-22263, 22829, 22830 |

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

Date new versions published

November 2017

Planned review date

December 2022

Summary

The review of these unit standards was prompted by the outcomes of the mandatory review of qualifications, specifically the listing of:

- New Zealand Certificate in Exercise (Level 4) [Ref: 3563].

Feedback from stakeholders was gathered through an open consultation process and used to guide the development of the programme of industry training for the qualification above, and the development and review of the associated unit standards.

New unit standards were developed to meet industry needs for exercise instruction for individuals.

Main changes

- One unit standard was designated expiring and replaced with a new unit standard.
- Fourteen unit standards were designated expiring and not replaced.
- Six new unit standards were developed.

Category C and D unit standards will expire at the end of December 2020

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 |
| Subfield | Fitness | 2-7 | Standard | 30636 | 3 |
| Domain | Exercise Prescription | 2-6 | Standard | 30636 | 3 |
| Standard | 21791 | 2 | Standard | 30636 | 3 |

Impact on Consent and Moderation Requirements (CMR)

All unit standards were transferred from CMR 0069 to CMR 0099.

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 > Exercise > Exercise Industry Practice

| ID | Title | Level | Credit | Review Category |
|--------------|--|--------------|---------------|------------------------|
| 30640 | Develop marketing and business tools and procedures to support business practices as an exercise professional | 4 | 8 | New |

Community and Social Services > Exercise > Fitness Assessment and Exercise Instruction

| ID | Title | Level | Credit | Review Category |
|--------------|---|--------------|---------------|------------------------|
| 30635 | Pre-screen, design, deliver and adapt exercise programmes | 4 | 15 | New |
| 30637 | Apply motivational techniques to enhance exercise participant commitment to individual exercise programmes | 4 | 5 | New |

Community and Social Services > Exercise > Human Anatomy, Physiology and Nutrition

| ID | Title | Level | Credit | Review Category |
|--------------|---|--------------|---------------|------------------------|
| 30634 | Demonstrate knowledge of human anatomy, physiology and health risk factors | 4 | 13 | New |
| 30638 | Demonstrate knowledge of how nutrition, health and wellness frameworks and allied health can promote health outcomes | 4 | 7 | New |
| 30639 | Provide support to exercise participants on nutrition, health and wellness, and allied health to promote health outcomes | 4 | 5 | New |

Community and Social Services

| ID | Subfield | Domain | Title | Level | Credit | Review Category |
|-------|----------|---|--|-------|--------|-----------------|
| 21791 | Fitness | Exercise Prescription | Relate human anatomy and movement to gym equipment and static stretching | 2 | 4 | C |
| 30636 | Exercise | Human Anatomy, Physiology and Nutrition | Demonstrate knowledge of the human body and its movement during exercise and stretching | 3 | 7 | |

Community and Social Services > Fitness > Exercise Prescription

| ID | Title | Level | Credit | Review Category |
|-------|---|-------|--------|-----------------|
| 6572 | Apply the principles of nutrition to people involved in physical activity | 4 | 4 | D |
| 21792 | Demonstrate knowledge of health risk factors and disease, and monitor exercise stress | 2 | 4 | D |
| 22265 | Demonstrate knowledge of exercise prescription | 3 | 7 | D |
| 22266 | Demonstrate knowledge of exercise physiology and human anatomy | 3 | 10 | D |

Community and Social Services > Fitness > Fitness Assessment and Individual Fitness Instruction

| ID | Title | Level | Credit | Review Category |
|-------|--|-------|--------|-----------------|
| 7036 | Assess individual fitness for activity | 4 | 6 | D |
| 13384 | Apply motivational techniques to enhance client commitment to a personal training programme | 4 | 2 | D |
| 22258 | Assess individual exercise preferences, barriers and goals | 4 | 3 | D |
| 22259 | Design and implement an exercise programme in accordance with a client's goals and objectives | 4 | 6 | D |
| 22260 | Demonstrate knowledge of human behaviour and exercise adherence | 3 | 4 | D |
| 22261 | Demonstrate knowledge of the purpose, pitfalls and use of exercise testing | 3 | 4 | D |
| 22262 | Monitor client exercise adherence and apply motivational techniques to enhance client commitment | 4 | 4 | D |
| 22263 | Review and adapt an exercise programme to optimise client results in line with client goals | 4 | 6 | D |
| 22829 | Demonstrate knowledge of the business of personal training | 4 | 12 | D |
| 22830 | Assess a personal training opportunity within a fitness facility | 4 | 11 | D |