

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

Subfield	Domain	ID
Fitness	Group Fitness Instruction	22772, 27718, 27719

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

Date new versions published

August 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 Pre-choreographed Group Exercise (Level 3) [Ref: 3582]
- New Zealand Certificate in Freestyle Group Exercise (Level 4) [Ref: 3565].

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

New unit standards were developed to meet industry needs for pre-choreographed and freestyle group exercise.

Main changes

- Unit standard 27719 was designated expiring and replaced with new unit standard 30446.
- Unit standard 27718 was designated expiring and not replaced.
- Unit standard 22772 increased in level and dropped in credits.
- Five new unit standards were developed.

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

The last date for assessment of superseded versions of the Category B unit standard is December 2020

Impact on Consent and Moderation Requirements (CMR)

Unit standard 22772 has been transferred from CMR 0069 to CMR 0099.

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	3-7	Standard	30446	3
				22772	4
Domain	Group Fitness Instruction	3-5	Standard	30446	3
				22772	4

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

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

ID	Title	Level	Credit	Review Category
22772	Demonstrate knowledge of exercise, motivation, and the structure of group fitness classes Demonstrate knowledge of exercise, choreography, motivation, and the structure of group fitness classes	3	12	B
		4	10	

Community and Social Services > Fitness > Group Fitness Instruction

ID	Title	Level	Credit	Review Category
27718	Design and instruct a Freestyle class	3	10	D

Community and Social Services > Fitness

Community and Social Services > **Exercise**

ID	Domain	Title	Level	Credit	Review Category
27719	Group Fitness Instruction	Instruct a Pre-choreographed routine	3	10	C
30446	Fitness Assessment and Exercise Instruction	Prepare for, instruct and review a pre-choreographed group exercise class	3	15	

Community and Social Services > Exercise > Exercise Industry Practice

ID	Title	Level	Credit	Review Category
30445	Undertake business processes and develop and maintain a group exercise participant base	4	5	New
30448	Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility	3	8	New

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

ID	Title	Level	Credit	Review Category
30443	Plan, choreograph, deliver and review freestyle group exercise classes	4	20	New
30444	Demonstrate knowledge of health and wellness framework components for participants in exercise	4	5	New

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

ID	Title	Level	Credit	Review Category
30447	Demonstrate basic knowledge of anatomical structures and physiological responses to exercise	3	5	New