

**Field Community and Social Services****Review of *Exercise Prescription* unit standards**

Subfield	Domain	ID
Fitness	Exercise Prescription	6573, 7023, 7026, 7027, 7028

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 5) [Ref: 3564].

Feedback from stakeholders was gathered through an open consultation process and used to guide the development of the industry training programme 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 with replacement.
- Four 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	4-7	Standard	30833	5
Domain	Exercise Prescription	4-6	Standard	30833	5

**Impact on Consent and Moderation Requirements (CMR)**

All unit standards are transferring 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	
<b>A</b>	Dates changed, but no other changes are made - the new version of the standard carries the same ID and a new version number
<b>B</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
<b>C</b>	Major changes that necessitate the registration of a replacement standard with a new ID
<b>D</b>	Standard will expire and not be replaced

### Community and Social Services > Fitness > Exercise Prescription

ID	Title	Level	Credit	Review Category
6573	Demonstrate ability to manage nutritional concerns and body composition with professional assistance	5	5	D
7026	Apply knowledge of functional anatomy and biomechanics	5	5	D
7027	Apply motor control and learning principles	5	4	D
7028	Apply knowledge of principles of Psychology of Exercise	5	5	D

### Community and Social Services

ID	Subfield	Domain	Title	Level	Credit	Review Category
7023	Fitness	Exercise Prescription	Demonstrate and apply specialised exercise techniques	4	8	C
<b>30833</b>	<b>Exercise</b>	<b>Fitness Assessment and Exercise Instruction</b>	<b>Adapt and demonstrate standard and advanced exercise techniques to meet exercise participant needs</b>	<b>5</b>	<b>5</b>	

### Community and Social Services > Exercise > Exercise Industry Practice

ID	Title	Level	Credit	Review Category
<b>30660</b>	<b>Develop networks with allied health professionals for the referral of exercise participants</b>	<b>5</b>	<b>5</b>	<b>New</b>

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

ID	Title	Level	Credit	Review Category
<b>30659</b>	<b>Explain the impacts of health and wellness factors on exercise participants and programme design</b>	<b>5</b>	<b>7</b>	<b>New</b>
<b>30662</b>	<b>Plan, design, deliver and evaluate a personalised extended exercise programme</b>	<b>5</b>	<b>12</b>	<b>New</b>

<b>ID</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>	<b>Review Category</b>
<b>30664</b>	<b>Demonstrate knowledge of advanced exercise concepts and principles and their application to exercise prescription</b>	<b>5</b>	<b>10</b>	<b>New</b>

## Community and Social Services &gt; Exercise &gt; Human Anatomy, Physiology and Nutrition

<b>ID</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>	<b>Review Category</b>
<b>30661</b>	<b>Demonstrate knowledge of nutrition and nutritional concerns and provide support to exercise participants on nutrition</b>	<b>5</b>	<b>6</b>	<b>New</b>
<b>30663</b>	<b>Demonstrate knowledge of functional anatomy and biomechanics and their application to exercise prescription</b>	<b>5</b>	<b>15</b>	<b>New</b>