

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

Subfield	Domain	ID
Fitness	Exercise Prescription	6571, 7021, 21793, 21795

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

Date new versions published

January 2018

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-designed Exercise Instruction (Level 3) [Ref: 3566].

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

- Standard 6571 was reviewed and title changed to ensure currency with industry knowledge and practice.
- Standard 7021 was replaced by standard 30933.
- Two unit standards were designated expiring and not replaced.
- Four new unit standards were developed.

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

The last date of assessment for superseded versions of Category B standard is 31 December 2020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	6571	3
		3 - 7	Standard	30933	3
Domain	Exercise Prescription	2 - 6	Standard	6571	3
		3 - 6	Standard	30933	3
Standard	7021	3	Standard	30933	3

Impact on Consent and Moderation Requirements (CMR)

New and Category B unit standards will use CMR 0099. Expiring unit standards will remain on CMR 0069.

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 > Fitness Assessment and Exercise Instruction

ID	Title	Level	Credit	Review Category
30932	Demonstrate knowledge of pre-designed exercise programmes, exercise principles, components and adherence	3	10	New
30934	Select and instruct pre-designed exercise programmes	3	10	New
30935	Develop and implement an exercise plan for personal physical fitness	3	5	New
30936	Demonstrate knowledge of the purpose and protocols of exercise testing	3	5	New

Community and Social Services > Fitness > Exercise Prescription

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

ID	Title	Level	Credit	Review Category
6571	Demonstrate relevance of principles of nutrition to health	2	2	B
	Demonstrate knowledge of micro and macro nutrients and nutritional imbalances	3	5	

Community and Social Services

ID	Subfield	Domain	Title	Level	Credit	Review Category
7021	Fitness	Exercise Prescription	Demonstrate exercise techniques	3	8	C
30933	Exercise	Fitness Assessment and Exercise Instruction	Demonstrate exercise and stretching techniques	3	5	

Community and Social Services > Fitness > Exercise Prescription

ID	Title	Level	Credit	Review Category
21793	Demonstrate correct technique when using basic gym equipment	2	2	D
21795	Demonstrate, instruct, and monitor safe and correct use of cardiovascular exercise equipment	2	3	D