

**Field Community and Social Services**

**Review and expiry of *Fitness* unit standards**

Subfield	Domain	ID
Fitness	Exercise Prescription	6574
	Fitness Assessment and Individual Fitness Instruction	7020, 22831, 22832
	Fitness Industry Education	7040

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

**Date new versions published**

**November 2019**

**Summary**

Skills Active Aotearoa undertook analysis of the above unit standards and identified that they have had low or declining usage in the last three years. Following an open consultation process, the decision was made to expire these unit standard as they no longer align with industry need.

**Main changes**

All standards were set to expiring without replacement.

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

**Detailed list of unit standards – classification, title, level, and credits**

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
6574	Prescribe an advanced physical activity programme to meet specific performance goals	6	8	D

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

ID	Title	Level	Credit	Review Category
7020	Assess individual levels of physical performance	4	4	D
22831	Plan and set up a personal training business within a fitness facility	4	12	D
22832	Operate a personal training business within a fitness facility	4	15	D

Community and Social Services > Fitness > Fitness Industry Education

ID	Title	Level	Credit	Review Category
7040	Analyse ethical principles and practice in the fitness industry	4	4	D