

Field Community and Social Services

Review of *Group Fitness Instruction*, and *Recreation and Sport - Aquatics* unit standards

Subfield	Domain	ID
Fitness	Group Fitness Instruction	27709, 27711-27717
Recreation and Sport	Recreation and Sport - Aquatics	27710

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

Date new versions published September 2020

Planned review date December 2025

Summary

Skills Active has undertaken a review with industry of the above unit standards and made minor changes to reflect current industry practice and terminology, and the latest NZQA template.

During the review, a gap was identified by industry and Skills Active has developed a new unit standard for Yoga to meet this industry demand. Through consultation, this standard was developed to meet the needs of group fitness instructors teaching yoga in an exercise setting.

Main changes

- Titles were amended for consistency of language.
- Outcomes and performance criteria were amended for readability and alignment with current industry practice and terminology.
- Guidance information was updated to reflect current legislation and industry expectations, and definitions were updated to align with current industry practice and terminology.
- New unit standard 32050 was developed to meet an identified gap for this class type.
- Standards were moved from an expiring *Fitness* domain to the *Fitness Assessment and Exercise Instruction* domain.

The last date for assessment of superseded versions of Category B unit standards is December 2022

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	Standards	27709, 27711, 27112, 27113, 27114, 27115, 27116, 27717	3
		4			
		5			
		6			
		7			
Domain	Group Fitness Instruction	3	Standards	27709, 27711, 27112, 27113, 27114, 27115, 27116, 27717	3
		4			
		5			

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
27709	Instruct a Step class	3	7	B
27711	Instruct an indoor Cycling class Instruct an Indoor Cycling class	3	7	B
27712	Instruct a Free weights class Instruct a Free Weights class	3	7	B
27713	Instruct a cardio Martial Fit class Instruct a Cardio Martial Fit class	3	7	B
27714	Instruct a Circuit class	3	7	B
27715	Instruct a group fitness Dance class Instruct a group exercise Dance class	3	7	B
27716	Instruct a Mind and Body class	3	7	B
27717	Instruct a Core Conditioning with equipment class Instruct a Core Conditioning class	3	7	B
32050	Teach Yoga as a holistic exercise class	4	12	New

Community and Social Services > Recreation and Sport > Recreation and Sport - Aquatics

ID	Title	Level	Credit	Review Category
27710	Instruct an aquafitness class Instruct an Aquafitness class	3	9	B