

**Field Community and Social Services**

**Review of *Exercise* unit standards**

<b>Subfield</b>	<b>Domain</b>	<b>ID</b>
Exercise	Exercise Industry Practice	30660
	Fitness Assessment and Exercise Instruction	30659, 30662, 30664, 30833
	Human Anatomy, Physiology and Nutrition	30661, 30663

Toi Mai Workforce Development Council has completed the review of the unit standards listed above.

**Date new versions published**

**August 2023**

**Planned review date**

**December 2028**

**Summary**

Feedback on the current standards was gathered via targeted consultation with providers and industry and an open consultation process via Toi Mai's website during October 2022 to May 2023. It was identified that these unit standards continued to meet industry need and the outcomes and performance criteria were still fit for purpose. Minor changes were made to update the guidance information and some range items.

**Main changes**

- Guidance Information updated including legislation (Privacy Act); REPs Code of Ethical Practice statement; and references to Standard Exercise Schedules A and B removed as these are no longer used.
- Unit Standard 30663 – Performance Criterion 3.2 was removed and some range items were updated following stakeholder feedback that these were at a level higher than Level 5.

**The last date for assessment of superseded versions of Category B unit standards is 31 December 2025**

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

<b>Key to review category</b>	
<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 > Exercise > Exercise Industry Practice

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

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

<b>ID</b>	<b>Title</b>	<b>Level</b>	<b>Credit</b>	<b>Review Category</b>
30659	Explain the impacts of health and wellness factors on exercise participants and programme design	5	7	B
30662	Plan, design, deliver and evaluate a personalised extended exercise programme	5	12	B
30664	Demonstrate knowledge of advanced exercise concepts and principles and their application to exercise prescription	5	10	B
30833	Adapt and demonstrate standard and advanced exercise techniques to meet exercise participant needs	5	5	B

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

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