

Field Community and Social Services

Review of *Exercise Prescription* unit standards

Subfield	Domain	ID
Fitness	Exercise Prescription	25989-25996, 26543

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

Summary

Toi Mai Workforce Development Council undertook analysis of the above currently listed unit standards and identified that they are no longer being used and many have not been awarded. Following both targeted consultation with industry associations and an open consultation process via Toi Mai website during October and November 2022, the decision was made to expire these unit standards as they no longer align with industry need.

Main changes

- All standards were set to expire.

Category D unit standards will expire at the end of December 2024

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

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 > Exercise Prescription

ID	Title	Level	Credit	Review Category
25989	Design, implement and evaluate an exercise programme for an identified special population	5	10	D
25990	Demonstrate knowledge of exercise prescription for pregnant and new mothers	5	5	D
25991	Demonstrate knowledge of exercise prescription for older people	5	8	D
25992	Demonstrate knowledge of exercise prescription for individuals with cardiovascular disease	5	6	D
25993	Demonstrate knowledge of exercise prescription for children and adolescents	5	5	D
25994	Demonstrate knowledge of exercise prescription for people with diabetes	5	6	D
25995	Demonstrate knowledge of exercise prescription for people with bone and joint conditions	5	5	D
25996	Demonstrate knowledge of exercise prescription for people with respiratory conditions	5	5	D
26543	Demonstrate knowledge of exercise prescription for people with obesity	5	4	D