

Field **Community and Social Services**

Registration of *Fitness Assessment and Exercise Instruction* Skill Standards

Toi Mai Workforce Development Council has completed the development of two skill standards in the *Fitness Assessment and Exercise Instruction* domain.

Date new versions published

March 2024

Planned review date

December 2028

Summary

Two skill standards were developed in response to industry feedback which identified a need for people to enter the exercise environment earlier in their study pathway under a limited scope of practice. The registered skill standards will address a lack of interpersonal skills and real-world practical experience, both of which are required to operate in the industry safely and effectively. A lack of qualification provision for pre-designed group exercise classes was also identified.

The skill standards were developed in consultation with industry and providers with advisory meetings held in March, April and August 2023 and an open consultation process via Toi Mai's website during November and December 2023.

The skill standards will be components of a new Exercise Fundamentals micro-credential which is intended for those considering a career in the exercise industry, including school leavers and cross-industry career changers, and for those delivering exercise sessions in the community who wish to upskill. The skill standards may also be used in programmes developed by providers with the appropriate consent to assess.

Main changes

- Two new skill standards were developed.
- The new standards will be listed in the domain *Fitness Assessment and Exercise Instruction*

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

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

| ID | Title | Level | Credit | Review Category |
|--------------|--|--------------|---------------|------------------------|
| 40067 | Carry out pre-screening, warm up and cool down activities for an exercise session | 4 | 5 | NEW |
| 40068 | Deliver an exercise experience using knowledge of functional anatomy and interpersonal skills | 4 | 15 | NEW |