

Field Community and Social Services

Registration of skill standards and review of unit standards for *Exercise*

Subfield	Domain	ID
Exercise	Exercise Industry Practice	30640
	Fitness Assessment and Exercise Instruction	30444, 30635, 30637
	Human Anatomy, Physiology and Nutrition	30634, 30638, 30639

Toi Mai Workforce Development Council has completed the review of the unit standards listed above and the development of new skill standards.

Date new versions published

March 2025

Planned review date

December 2029

Summary

Exercise skill standards at Level 4 have been developed in response to industry feedback received in *He rangi whawhati kō, he tau hāwere, the Toi Ora (Exercise) Workforce Development Plan (WDP)* published by Toi Mai in June 2024. An action from the WDP was to produce skill standards for the New Zealand Certificate in Exercise (Level 4) [Ref: 3563] that emphasise practical application of business skills, interpersonal skills and practical coaching experience.

The first two skill standards (40047 and 40048) were approved in April 2024. A further three standards have now been developed to align to the New Zealand Certificate in Exercise (Level 4). These three skill standards will replace the seven Level 4 unit standards listed above which will be set to expire.

The standards were developed in consultation with industry and providers via WDP interviews, advisory meetings held in August and October 2024, and targeted consultation during October and November 2024.

Main changes

- Three new skill standards were developed.
- Seven unit standards will expire without direct replacement.

Category D unit standards will expire at the end of December 2027

Detailed list of 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 > Exercise > Exercise Industry Practice

ID	Title	Level	Credit	Review Category
30640	Develop marketing and business tools and procedures to support business practices as an exercise professional	4	8	D

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

ID	Title	Level	Credit	Review Category
30444	Demonstrate knowledge of health and wellness framework components for participants in exercise	4	5	D
30635	Pre-screen, design, deliver and adapt exercise programmes	4	15	D
30637	Apply motivational techniques to enhance exercise participant commitment to individual exercise programmes	4	5	D
40537	Carry out exercise testing, and design and deliver exercise programmes	4	20	NEW
40538	Provide lifestyle coaching to exercise participants	4	10	NEW
40539	Apply tools and techniques to support client acquisition and business operations for an exercise professional	4	10	NEW

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

ID	Title	Level	Credit	Review Category
30634	Demonstrate knowledge of human anatomy, physiology and health risk factors	4	13	D
30638	Demonstrate knowledge of how nutrition, health and wellness frameworks and allied health can promote health outcomes	4	7	D
30639	Provide support to exercise participants on nutrition, health and wellness, and allied health to promote health outcomes	4	5	D