

Field Community and Social Services

Registration of skill standards and review, revision and rollover of unit standards for Exercise

Subfield	Domain	ID
Exercise	Exercise Industry Practice	30445, 30448
	Fitness Assessment and Exercise Instruction	22772, 27709, 27711, 27712, 27713, 27714, 27715, 27716, 27717, 30443, 30446. 30932 , 30934, 30936 , 31928, 32050

The Services Industry Skills Board has completed the review, and rollover and revision, of the unit standards listed above and the development of new skill standards. Rolled over and revised unit standards are in **bold**.

Date new versions published February 2026

Planned review date for new skill standards December 2030

Planned review date for rolled over and revised unit standards December 2027

Summary

The review of unit standards and development of skill standards was undertaken 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. Although most of the growth in the exercise industry has come in the form of group training businesses, there is no fit-for-purpose training pathway for group training coaches, as formal education is biased towards the role of personal training.

As a result of this feedback, three new skill standards have been developed and 15 unit standards will be set to expire. In addition, three unit standards were revised and rolled over in line with industry feedback and current needs, to ensure there are level 3 unit standards available for learners at lower levels, for example in schools and vocational pathway programmes.

The standards were reviewed and developed in consultation with industry and providers via WDP interviews, and advisory meetings and targeted consultation between July to October 2025.

The responsibility for this application has been transferred from Toi Mai Workforce Development Council to the Services Industry Skills Board to reflect the VET reforms.

Main changes

- Three new skill standards were developed and classified in the domain *Fitness Assessment and Exercise Instruction*. Two were developed for the New Zealand Certificate in Pre-choreographed Group Exercise (Level 3) [Ref: 3582].
- Fifteen unit standards will expire without direct replacement. These standards are currently offered as a mix of elective and compulsory delivery options across the NZ Certificate in Freestyle Group Exercise (Level 4) and NZ Certificate in Pre-choreographed Group Exercise (Level 3) qualifications, and the expiring NZ Certificate in Pre-designed Exercise Instruction (Level 3). The standards, delivered by one main provider, have declining numbers and will be expired. The new skill standards have been developed as an alternative delivery option.
- Three unit standards were rolled over and revised. Revision included updating of legislation and reference to Register of Exercise Professionals (REPs) Code of Ethical Practice and Scope of Practice. These standards were rolled over and will be reviewed as part of a wider project that aligns to the updated secondary school curriculum.

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**.

Rolled over and revised standards

Community and Social Services > Exercise > Exercise Industry Practice

ID	Title	Level	Credit
30448	Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility	3	8

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

ID	Title	Level	Credit
30932	Demonstrate knowledge of pre-designed exercise programmes, exercise principles, components and adherence	3	10
30936	Demonstrate knowledge of the purpose and protocols of exercise testing	3	5

Reviewed standards

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
30445	Undertake business processes and develop and maintain a group exercise participant base	4	5	D

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

ID	Title	Level	Credit	Review Category
22772	Demonstrate knowledge of exercise, choreography, motivation, and the structure of group exercise classes	4	10	D
27709	Instruct a Step class	3	7	D
27711	Instruct an Indoor Cycling class	3	7	D
27712	Instruct a Free Weights class	3	7	D
27713	Instruct a Cardio Martial Fit class	3	7	D
27714	Instruct a Circuit class	3	7	D
27715	Instruct a group exercise Dance class	3	7	D
27716	Instruct a Mind and Body class	3	7	D
27717	Instruct a Core Conditioning class	3	7	D
30443	Plan, choreograph, deliver and review freestyle group exercise classes	4	20	D

ID	Title	Level	Credit	Review Category
30446	Prepare for, instruct and review a pre-choreographed group exercise class	3	15	D
30934	Select and instruct pre-designed exercise programmes.	3	10	D
31928	Plan, deliver and review the planning and delivery of a group training session	4	12	D
32050	Teach Yoga as a holistic exercise class	4	12	D
41128	Prepare for and demonstrate a pre-choreographed group exercise class	3	15	NEW
41129	Deliver and review a pre-choreographed group exercise class	3	25	NEW
41130	Plan, deliver and review a freestyle group exercise class	4	10	NEW