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**EXERCISE PRESCRIPTION**  
**Demonstrate, instruct, and monitor**  
**static stretching**

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<b>level:</b>	<b>2</b>
<b>credit:</b>	<b>3</b>
<b>planned review date:</b>	August 2007
<b>sub-field:</b>	Fitness
<b>purpose:</b>	People credited with this unit standard are able to: ensure stretches can be demonstrated safely; demonstrate and instruct safe static stretching techniques using ACC SportSmart stretch posters; and monitor and improve the performance of static stretching by exercise participants.
<b>entry information:</b>	Open.
<b>accreditation option:</b>	Evaluation of documentation by NZQA and industry.
<b>moderation option:</b>	A centrally established and directed national moderation system has been set up by the Sport, Fitness and Recreation Industry Training Organisation – Fitness Advisory Group.
<b>special notes:</b>	<ol style="list-style-type: none"><li>1 ACC SportSmart stretch posters are available from the Accident Compensation Corporation under 'publications' on their website <a href="http://www.acc.co.nz">http://www.acc.co.nz</a>.</li><li>2 When completing static stretching it is expected that the body has been warmed up to a state where a light sweat has been achieved. As a guide this would usually take at least five minutes of continuous aerobic exercise at a moderate intensity.</li></ol>

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**Elements and Performance Criteria**

**element 1**

Ensure stretches can be demonstrated safely.

**performance criteria**

- 1.1 The surrounding area is prepared for safe use.
- Range: must include but is not limited to – path of stretch, other objects, other people, surface type or condition.
- 1.2 The physical state of the demonstrator is established as being adequate for the safe demonstration of the stretching movement.
- Range: must include but is not limited to – injury status, clothing, physical size and shape (including height, weight, and distribution of mass), excessive sweat around points of contact.
- 1.3 Actions taken optimise the safety of the demonstrator in performing the stretching movement.
- Range: may include but is not limited to – change clothing, dry off sweat, limit range of movement, limit duration of demonstration.

**element 2**

Demonstrate safe static stretching techniques using ACC SportSmart stretch posters.

**performance criteria**

- 2.1 The correct starting position is adopted.
- Range: joint angles, points of contact, position of body parts, alignment of body parts.

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- 2.2 Correct alignment is maintained as the stretch is increased.
- Range: joint angles, points of contact, position of body parts, alignment of body parts.
- 2.3 The stretch is held and then extended to show how an optimal stretch of the muscle group targeted could be achieved.
- Range: must include but is not limited to – breathing pattern used, intensity of stretch, range of movement, duration of stretch.
- 2.4 When stretching is completed the body is returned safely to the starting position.
- Range: may include but is not limited to – joint angles, points of contact, position of body parts, alignment of body parts.

**element 3**

Instruct safe static stretching techniques using ACC SportSmart stretch posters.

**performance criteria**

- 3.1 The exercise participant's physical state is confirmed as being adequate to complete the required stretching movement safely.
- Range: must include but is not limited to – injury status, clothing, physical size and shape (including height, weight, and distribution of mass, excessive sweat around points of contact).
- 3.2 The benefits of static stretching are explained to the exercise participant.
- Range: must include but is not limited to – injury prevention, recovery, improved performance, increased flexibility.
- 3.3 The correct technique for completing static stretching is explained to the exercise participant.
- Range: must include but is not limited to – breathing, duration, intensity, alignment, points of contact, target muscle group, path of stretch, other objects, other people, surface type or condition.

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- 3.4 Mechanisms necessary to aid the participant in executing the stretch correctly are employed.
- Range: may include but is not limited to – support, padding.
- 3.5 Instruction provided enables the exercise participant to achieve the desired performance.
- Range: may include but is not limited to – physical demonstration, verbal description, cueing, questioning of participant.
- 3.6 Instruction provided enables independent repetition of the desired performance by the exercise participant.
- Range: may include but is not limited to – questioning of key points, repeated demonstration by the exercise participant, explanation of the process of stretching by the participant.

**element 4**

Monitor and improve the performance of static stretching by exercise participants.

**performance criteria**

- 4.1 Exercise participants with unsafe or incorrect technique are identified, approached, and questioned.
- Range: on at least three occasions.
- 4.2 Further instruction is provided to enable the participant to achieve the performance change required.
- Range: on at least three occasions.

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**Comments on this unit standard**

Please contact the Sport, Fitness and Recreation Industry Training Organisation [info@srito.org.nz](mailto:info@srito.org.nz) if you wish to suggest changes to the content of this unit standard.

**Please Note**

Providers must be accredited by the Qualifications Authority or a delegated inter-institutional body before they can register credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for providers wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

This unit standard is covered by AMAP 0069 which can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.