

Title	Demonstrate, instruct, and monitor stretching		
Level	2	Credits	2

Purpose	People credited with this unit standard are able to: demonstrate and lead safe stretching techniques; and monitor and improve the performance of stretching by exercise participants.
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Classification	Exercise > Fitness Assessment and Exercise Instruction
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Available grade	Achieved
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Guidance Information

- 1 *ACC SportSmart* can be used as reference material for this unit standard. It is available from the Accident Compensation Corporation
<http://www.accsportsmart.co.nz/>.
 - 2 When completing stretching it is expected that the body has been warmed up to a sufficient level. As a guide this would usually take at least five minutes of continuous aerobic exercise at a moderate intensity.
 - 3 Definition
Participants can refer to an individual or a group.
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Outcomes and performance criteria

Outcome 1

Demonstrate safe stretching techniques.

Performance criteria

- 1.1 Prepare self and environment for readiness to stretch.
- 1.2 Adopt the correct starting position.
- 1.3 Maintain correct alignment as the stretch is demonstrated.
- 1.4 Explain how the stretch could be progressed to further increase flexibility.

Outcome 2

Lead safe stretching techniques.

Performance criteria

- 2.1 Prepare participants for readiness to stretch.
- 2.2 Explain the benefits of stretching to the exercise participants.
- 2.3 Demonstrate and explain the correct technique for completing stretching to exercise participants.

Range may include – mechanisms to aid participants.

Outcome 3

Monitor and improve the performance of stretching by exercise participants.

Performance criteria

- 3.1 Provide feedback to exercise participants to positively reinforce or correct techniques.

Range must be on at least two occasions which cannot be the warm up and cool down from the same session.

Planned review date	31 December 2029
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	22 August 2005	31 December 2026
Review	2	29 August 2024	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Toi Mai Workforce Development Council qualifications@toimai.nz if you wish to suggest changes to the content of this unit standard.