

Title	Demonstrate, instruct, and monitor safe and correct use of cardiovascular exercise equipment		
Level	2	Credits	3

Purpose	People credited with this unit standard are able to: ensure cardiovascular exercise equipment can be demonstrated safely; demonstrate the correct use of cardiovascular exercise equipment; and instruct, monitor and ensure, the safe and correct use of cardiovascular exercise equipment.
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Classification	Fitness > Exercise Prescription
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Available grade	Achieved
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Guidance information

- 1 It is expected that people completing this unit will be suitably clothed and groomed for taking part in exercise.
- 2 It is expected that people completing this unit will be physically capable of completing at least 10 minutes of moderate intensity aerobic exercise.

Outcomes and performance criteria

Outcome 1

Ensure cardiovascular exercise equipment can be demonstrated safely.

Range must include at least three of the following – cross trainer, step machine, cycle, treadmill, reclining cycle, rowing machine.

Performance criteria

1.1 Inspection of the cardiovascular exercise equipment ensures it is safe for use.

Range condition, location.

1.2 The cardiovascular exercise equipment and surrounding area are prepared for safe use.

Range surrounding area must include but is not limited to – proximity to other objects, other people, other structural fixtures (doors, walls, windows etc); preparation of exercise equipment may include but is not limited to – safety devices, adjustment of machine to fit demonstrator.

Outcome 2

Demonstrate the correct use of cardiovascular exercise equipment.

Range must include at least three of – cross trainer, step machine, cycle, treadmill, reclining cycle, rowing machine.

Performance criteria

2.1 The correct starting position is adopted.

Range may include but is not limited to – position of body parts, angle and alignment of body parts, use of safety devices.

2.2 Available safety devices are correctly demonstrated.

Range may include but is not limited to – stop/emergency stop devices, pausing the machine, exiting the machine in emergencies, emergency stop devices.

2.3 Initial exercise intensity selected is appropriate for warming up.

2.4 Correct entry and exit of cardiovascular exercise equipment is explained and demonstrated.

2.5 Methods for adjusting the cardiovascular exercise machine are explained and demonstrated.

Range must include but is not limited to – intensity, duration, programming options.

Outcome 3

Instruct the safe and correct use of cardiovascular exercise equipment.

Performance criteria

3.1 The participant's physical state is confirmed as being adequate to use the cardiovascular exercise equipment.

Range must include but is not limited to – injury status, clothing, weight, health risk (lifestyle) factors.

3.2 The benefits of cardiovascular exercise are explained to the exercise participant.

Range must include but are not limited to – improved cardiovascular fitness, improved performance of related tasks (daily tasks or tasks directly related to the mode of exercise), lowering of BP, reduction of stress, use of calories, improved cardiac function.

- 3.3 Safe preparation for, and safe completion of cardiovascular exercise is explained to the exercise participant.

Range must include but is not limited to – safe entry and exit of the equipment, safe exercise posture, warm up, cool down, when to stop, how to stop, use of emergency stop, use of safety devices, use of exercise programmes, how to increase/decrease intensity and duration, location of equipment, condition of equipment, other objects, other people, clothing, footwear, where to get help.

- 3.4 Instruction provided enables the exercise participant to achieve the desired performance.

Outcome 4

Monitor and ensure the safe and correct use of cardiovascular exercise equipment.

Performance criteria

- 4.1 Exercise participants using cardiovascular exercise equipment unsafely or incorrectly are identified, approached, and questioned.

Range on at least three occasions.

- 4.2 Further instruction is provided to enable the exercise participant to achieve the performance change required.

Range on at least three occasions.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	22 August 2005	31 December 2020
Review	2	25 January 2018	31 December 2020

Consent and Moderation Requirements (CMR) reference

0069

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.