

Title	Design and implement an exercise programme in accordance with a client's goals and objectives		
Level	4	Credits	6

Purpose	People credited with this unit standard are able to: complete an exercise plan with the client; design an exercise programme to attain a specific client goal; present an exercise programme to a client and gain endorsement and commitment to the programme and planned client tasks; schedule client support tasks; and complete allocated support tasks.
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Classification	Fitness > Fitness Assessment and Individual Fitness Instruction
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Available grade	Achieved
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Guidance Information

- 1 An *exercise plan* refers to the overall plan provided to clients that incorporates their defined (specific, measurable, timebound, and realistic) long term, medium-term and short-term goals.
- 2 An *exercise prescription/programme* is the information which defines a given workout by identifying the workout components such as the time, day, intensities, durations, mode of exercise, and warm up and cool down.
- 3 Competence in this unit standard requires knowledge of the hierarchy of controls outlined in the Health and Safety in Employment Act 1992 (HSE) and subsequent amendments: elimination of significant hazards; isolation of significant hazards when elimination is not possible; and minimisation of significant hazards where elimination and isolation are not possible. Facility and organisation safety requirements must conform to the HSE.
- 4 Competence in this unit standard requires knowledge of relevant provisions of the Privacy Act 1993, and subsequent amendments in relation to handling and storage of client assessment records. Facility and organisation record management practices must conform to the Act.

Outcomes and performance criteria

Outcome 1

Complete an exercise plan with the client.

Performance criteria

- 1.1 The client's overall objective/goal is allocated to a date that is achievable and challenging, and is agreed to by the client.
- 1.2 The smaller goals; that must be achieved for successful attainment of the overall goal of the client; are allocated to timeframes against a calendar and prioritised, and are agreed to by the client.
- Range measurement/result, dates, sequence of goals, period to achieve goals.
- 1.3 The activities required to achieve the first goal in the sequence are identified, recorded, and agreed to by the client.
- Range client actions, trainer/assessor actions, times, days, durations, intensities, type/mode of exercise.
- 1.4 Barriers relating to the activities required to achieve the first goal are identified and recorded with possible intervention strategies agreed.
- Range barriers may include but are not limited to – time, cost, discomfort, lack of results, environment, change of frequency, intensity, type/mode of exercise, duration, other commitments, lack of effort; intervention strategies may include but are not limited to – review of exercise preferences, inclusion of flexible exercise variables, alternative cost activities, social interaction, more thorough planning/organisation of client time, change of attendance time, change of frequency, participation in other activities, creation of client contract, higher frequency contact with staff; ways to intervene may include but are not limited to – telephoning client at home or work, sending a letter, scheduling another appointment, approaching client on the gym floor, email.

Outcome 2

Design an exercise programme to attain a specific client goal.

Performance criteria

- 2.1 A resistance programme is written that matches/suits a client's documented exercise goals and preferences, current strength status and movement capabilities, injury profile, exercise risk factors, and expected barriers (eg equipment access, training alone).
- Range exercise name, target muscle group, sets, reps (or time under tension), tempo, rest, recovery, frequency, day(s), method and timing of progression, expected workout duration, a guide to intensity (Rate of Perceived Exertion (RPE)), warm up, cool down, targeted stretching.

- 2.2 A cardiovascular programme is written that matches/suits a client's documented exercise goals and preferences, current cardiovascular fitness, injury profile, exercise risk factors and expected barriers (eg access to equipment).

Range exercise mode (machine name), overall target heart rates/RPE (or heart rate zones), warm up, cool down, targeted stretching, frequency, day(s), duration(s), programming details (eg programme type, levels/speed, inclines, stroke outputs, rpm), recovery, method and timing of progression, safety advice.

Outcome 3

Present an exercise programme to a client and gain endorsement and commitment to the programme and planned client tasks.

Performance criteria

- 3.1 Purpose and content of the programme are explained.

Range what the programme is targeting, how it should be completed, what it takes into account (for example client's exercise preferences, exercise goals, injuries, exercise risk factors, access to equipment, current fitness), method and timing of progression.

- 3.2 Client is given the opportunity to provide feedback on the programme and modifications are made accordingly.

- 3.3 Client agreement and endorsement of the programme, as a match to client needs and commitment to the expectations detailed within the programme, are received.

Range may include but is not limited to – verbal endorsement or signing of contract.

Outcome 4

Schedule client support tasks.

Performance criteria

- 4.1 Client support tasks are documented in a diary or calendar.

Range may include but is not limited to – planned support calls, next assessment date, any planned contact time.

- 4.2 Details of each task are accurately recorded.

Range may include but is not limited to – client name, contact numbers, reason for contact, actions to be completed.

Outcome 5

Complete allocated support tasks.

Performance criteria

5.1 Support tasks are completed as scheduled.

Range for a six-week period.

5.2 Additional actions that resulted from completing support tasks are subsequently scheduled and completed.

Range for a four-week period.

Replacement information	This unit standard replaced unit standard 7029.
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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	20 April 2006	31 December 2020
Review	2	23 November 2017	31 December 2020

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>.

This unit standard is expiring