

Instruct and monitor resistance training

Level 3

Credits 4

Purpose People who have been credited with this unit standard are able to instruct resistance exercises correctly and safely, and monitor the performance of resistance exercises by exercise participants.

Subfield Fitness

Domain Exercise Prescription

Status Registered

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Entry information Open.

Accreditation Evaluation of documentation by NZQA and industry.

Standard setting body (SSB) Sport, Fitness and Recreation Industry Training Organisation – Fitness Advisory Group

Accreditation and Moderation Action Plan (AMAP) reference 0069

This AMAP can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.

Special notes

- 1 Candidates or education providers may wish to access the ACC stretching posters as reference material for this unit standard. The ACC SportsSmart stretching posters can be ordered from the Accident Compensation Corporation under 'publications' on their website: www.acc.co.nz.
- 2 When demonstrating exercise on basic gym equipment it is expected that clothing and hair will be worn such that safety on the equipment is optimised.
- 3 *Basic gym equipment* refers mainly to free weights (bars, dumbbells, plates), machine weights, stability balls and any other gym equipment typically used in the industry for creating resistance.

- 4 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.

Elements and performance criteria

Element 1

Instruct resistance exercises safely and correctly.

Range must include at least one exercise for each primary movement pattern which includes – squat, lunge, press, pull, push, twist;
at least one exercise for each secondary movement pattern which includes – ankle (dorsi flexion, plantar flexion), hip (extension, flexion), trunk (flexion, extension), shoulder (flexion, extension, abduction, internal rotation, external rotation), scapula (retraction, depression, elevation, protraction), elbow (flexion, extension).

Performance criteria

1.1 The exercise participant is assessed as being physically capable of completing the planned exercise movement safely.

Range must include but is not limited to – injury status, clothing, physical size, movement capabilities.

1.2 The purpose of the resistance exercise is explained to ensure the exercise participant is aware of specific physical adaptations that may benefit them.

Range may include but is not limited to – injury prevention and recovery, improved performance, physiological adaptations (for example muscle, cell, and system adaptations).

1.3 Resistance training principles are explained to ensure the exercise participant understands the safe technique for performing resistance exercises independent of supervision.

Range must include but is not limited to – breathing technique, duration (reps, tempo), intensity (load, rest), volume (sets), recovery, body alignment, points of contact, target muscle group, desired adaptation(s), path of movement, other objects and structural fixtures, other people, equipment condition, safety devices.

1.4 Mechanisms that may aid the participant are correctly employed to ensure the safe execution of the resistance exercise.

Range may include but is not limited to – support, padding, spotting equipment/person.

- 1.5 The instruction of the exercise enables the participant to achieve the desired performance.
- Range may include but is not limited to – physical demonstration, verbal instruction, questioning of participant, cueing (both verbal and non-verbal).
- 1.6 The ability of the exercise participant to repeat the resistance exercise safely and correctly, independent of further supervision, is checked.
- Range may include but is not limited to – questioning of key points, repeated demonstration by the exercise participant, explanation of the process of resistance training by the participant.

Element 2

Monitor and improve the performance of resistance exercises by exercise participants.

Performance criteria

- 2.1 The monitoring of the exercise participants performing resistance exercises identifies opportunities to enhance performance through further instruction.
- Range on at least ten occasions.
- 2.2 Further instruction is provided to enable the exercise participant to achieve the desired performance.
- Range on at least ten occasions.

Please note

Providers must be accredited by the Qualifications Authority, or an inter-institutional body with delegated authority for quality assurance, before they can report 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 organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the Sport, Fitness and Recreation Industry Training Organisation info@sfrito.org.nz if you wish to suggest changes to the content of this unit standard.