

<b>Title</b>	<b>Demonstrate knowledge of exercise, choreography, motivation, and the structure of group exercise classes</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>10</b>

<b>Purpose</b>	People credited with this unit standard are able to: explain the principles and components of exercise and their application for a specific group fitness class type; explain choreographic principles and motivational techniques and their application in group exercise classes.
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<b>Classification</b>	Exercise > Fitness Assessment and Exercise Instruction
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 All learning and assessment within this unit standard must be carried out in accordance with the following, as relevant to their role:
  - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993, Consumer Guarantees Act 1993, Accident Compensation Act 2001, and any subsequent amendments;
  - guidelines and codes of practice applicable to this standard include Code of Ethical Practice endorsed by Exercise New Zealand, and the New Zealand Pre-Screening Guide, November 2014 available from Register of Exercise Professionals website <http://www.reps.org.nz>;
  - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).
  
- 2 Definitions
 

*Class types* refers to step, indoor cycle, free weights, aquafitness, cardio martial fit class, circuit, group exercise dance class, mind and body class, core conditioning with equipment.

*Freestyle* refers to exercises performed to music, in a sequence created by the instructor.

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### Outcomes and performance criteria

#### Outcome 1

Explain the principles and components of exercise and their application for a specific group exercise class type.

**Performance criteria**

- 1.1 Define the principles of exercise and explain which principles apply to a specific group exercise class type.
- Range principles include reversibility, specificity, overload, progressive overload, variety, rest, individualisation, maintenance, interference.
- 1.2 Define the components of exercise in terms of their use in group exercise classes and explain which components apply to a specific group exercise class type.
- Range components include strength, speed, power, aerobic exercise, anaerobic exercise, muscular endurance, flexibility, and agility.
- 1.3 Explain the application of FITT (frequency, intensity, time and type) to a specific group exercise class type in terms of the principles and components of exercise.
- 1.4 Explain modification of exercises in terms of progressions and regressions to meet the needs and goals of participants for a specific group exercise class type.

**Outcome 2**

Explain choreographic principles and motivational techniques and their application in group exercise classes.

**Performance criteria**

- 2.1 Explain choreographic principles used in group exercise classes and describe how these can be incorporated into a specific group exercise class type in terms of purpose and application.
- 2.2 Explain the selection, effective use, and effect of motivational techniques for participants in group exercise classes in terms of participant goals, enjoyment, adherence and achievement.
- 2.3 Explain typical class structures used in planning safe and effective group exercise classes for a specific group exercise class type.

<b>Planned review date</b>	31 December 2022
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	23 February 2007	31 December 2020
Review	2	17 August 2017	N/A

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

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**Comments on this unit standard**

Please contact Skills Active Aotearoa [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.