

<b>Title</b>	<b>Instruct a Step class</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>7</b>

<b>Purpose</b>	People credited with this unit standard are able to: describe basic exercise techniques and related level options, choreographic progressions and pre-screening used in Step classes; and instruct a Step class.
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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 leading to this unit standard must be carried out in accordance with the following:
  - relevant legislation including the Health and Safety at Work Act 2015, Privacy Act 1993, and Human Rights Act 1993;
  - guidelines and codes of practice applicable to this standard include the Code of Ethical Practice endorsed by Exercise Association New Zealand, and the New Zealand Pre-Screening Guide, November 2014 available from the New Zealand Register of Exercise Professionals website <http://www.reps.org.nz>;
  - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs) and Normal Operating Procedures (NOPs), and the use of personal protective equipment (PPE).
- 2 This unit standard alone does not meet minimum industry standards to operate as a group exercise professional. This unit standard is intended for use within approved programmes that will produce graduates with the full scope to be a group exercise professional.
- 3 It is strongly recommended that candidates hold a current first aid certificate before enrolling into this unit standard.
- 4 The candidate must be assessed instructing a class of at least five participants.
- 5 Definitions
 

*Body positioning* refers to the placement, path and alignment of body parts during a movement or step technique.

*Choreographic progressions* refer to adding a layer of complexity to an existing technique to increase variety within a step class.

*Class plan* refers to the design of the class format and content.

*Cues* refers to a verbal instruction given to participants by the instructor which may include introducing movements, correction of technique, safety or motivation.

*Exercise progressions and regressions* refers to options to increase or decrease the intensity level of the exercise.

*Exercise techniques* refer to how exercises are executed, including the form the body takes when doing exercises.

*Level options* refers to progressions; which increase the intensity of an exercise and regressions; which decrease the intensity of an exercise.

*Major muscle group* refers to the group of muscles that are the prime movers of the movement.

*Normal Operating Procedures* refer to the operations manual or documented normal operating procedures at a facility.

*Pre-screening* refers to industry recognised pre-screening methods and procedures.

*Respect and care* refer to dealing with individuals with courtesy and consideration of potential personal differences and cultural awareness.

*Tempo* refers to the speed of the beat in the music which sets the pace.

## Outcomes and performance criteria

### Outcome 1

Describe basic exercise techniques and related level options, choreographic progressions and pre-screening used in Step classes.

#### Performance criteria

- 1.1 Describe basic exercise techniques used in Step classes in terms of body positioning and major muscle group used in accordance with the class plan.
- Range basic techniques may include but are not limited to – step, tap, knee lift, leg curl, lateral leg, march, over the step, across the step, kick, push ups;  
major muscle groups may include – shoulders, chest, arms, back, abdominals, gluteals, quadriceps, hamstrings, calves.
- 1.2 Describe exercise level options for each basic technique in accordance with the class plan.
- Range one exercise progression and one exercise regression.
- 1.3 Describe choreographic progressions in accordance with the class plan.
- Range may include but is not limited to – linear progression, add-ons, pyramids;  
evidence is required of two choreographic progressions.
- 1.4 Describe pre-screening methods according to facility normal operating procedures.

### Outcome 2

Instruct a Step class.

**Performance criteria**

- 2.1 Carry out pre-screening checks in accordance with normal operating procedures.
- 2.2 Demonstrate basic warm up techniques used in Step classes in accordance with the class plan.
- Range may include but is not limited to – on the floor, step touching, double step touch, hamstring curls, walking back and forward, stepping up and down, dynamic stretch or preparatory movement; evidence is required of a minimum of three techniques.
- 2.3 Communicate safe step exercise techniques and any corrections in accordance with the class plan.
- Range techniques include – heels on the step, entire foot on step, foot alignment cues, knees over toes, upright posture, heels on the floor; may include arm positions.
- 2.4 Demonstrate step exercise techniques in accordance with the class plan.
- Range techniques may include but are not limited to – step, tap, knee lift, leg curl, lateral leg, march, kick, over the step, across the step, (dynamic stretch or preparatory movement), pushups; evidence is required of a minimum of six techniques.
- 2.5 Demonstrate two level options for each technique in accordance with the class plan.
- Range techniques may include but are not limited to – step, tap, knee lift, leg curl, lateral leg, march, kick, over the step, across the step, (dynamic stretch or preparatory movement), pushups; one exercise progression and one exercise regression.
- 2.6 Apply choreographic performance and motivation techniques to maintain class engagement.
- Range choreographic performance techniques may include – facial expressions, correct physical execution, keeping in time to the beat, safe tempo, voice, flow of movement; motivation techniques may include but not limited to – respond to individual and group needs, breaking down the complexity of moves, questioning and feedback, respect and care.
- 2.7 Conduct cool down, stretches and post class interaction in accordance with class plan.

<b>Replacement information</b>	This unit standard replaced unit standard 22773.
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<b>Planned review date</b>	31 December 2025
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#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 May 2012	31 December 2022
Review	2	24 September 2020	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>.

#### Comments on this unit standard

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