

Title	Instruct a Free Weights class		
Level	3	Credits	7

Purpose	People credited with this unit standard are able to: describe basic exercise techniques and related exercise level options, equipment and pre-screening used in Free Weights classes; and instruct a Free Weights class.
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Classification	Exercise > Fitness Assessment and Exercise Instruction
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Available grade	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 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 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 beginning 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 exercise technique.

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

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.

Free Weights (sometimes known as Pump) refers to a pre-choreographed or freestyle group fitness class using weights or other forms of resistance.

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

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

Pre-screen refers to industry recognised pre-screen.

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

Weights equipment may include but are not limited to barbells, kettle bells, dumbbells, medicine balls.

Outcomes and performance criteria

Outcome 1

Describe basic exercise techniques and related exercise level options, equipment and pre-screening used in Free Weights classes.

Performance criteria

1.1 Describe safe warm up, preparatory movements and mobility methods for a Free Weights class.

1.2 Describe the basic conditioning exercise techniques used in Free Weights classes in terms of the muscle groups used, the key joints, safety cues and body positioning.

Range techniques must include but not limited to – two lower limb exercises, two exercises that work the chest, two exercises that work the back, one exercise that works the shoulders, one exercise that works the biceps, one exercise that works the triceps, two abdominal exercises;
key joints may include but not limited to – shoulders, elbow, hip, knee, ankle;
major muscle groups may include – shoulders, chest, arms, back, abdominals, gluteals, quadriceps, hamstrings, calves;
specific muscles may include but are not limited to – biceps brachii, triceps, brachioradialis, quadriceps, hamstrings, calves, latissimus dorsi, trapezius, deltoids, gluteus maximus, core including rectus and transverse abdominals, obliques, pectoralis major.

1.3 Describe level options for each basic conditioning exercise in accordance with the class plan.

Range description includes two exercise progressions and two exercise regressions.

1.4 Describe safe Free Weights equipment usage for each technique in performance criterion 1.2 in accordance with normal operating procedures.

Range description of safe equipment usage includes – typical duration, concentric and eccentric phase, breathing; may include – tempo, core engagement; three safety teaching points per technique.

1.5 Describe pre-screening methods according to facility normal operating procedures.

Outcome 2

Instruct a Free Weights class.

Performance criteria

2.1 Carry out pre-screening checks in accordance with normal operating procedures.

2.2 Introduce and demonstrate safe warm up techniques and load requirements in accordance with the class plan.

Range name of exercise, muscles being used, typical duration, breathing used, body positioning; may include – timing, tempo.

2.3 Demonstrate Free Weights exercise techniques safely in accordance with the class plan.

Range techniques must include but are not limited to – bar grip, tempo, resistance and body positioning; exercises must include but are not limited to – two lower limb exercises, two exercises that work the chest, two exercises that work the back, one exercise that works the shoulders, one exercise that works the biceps, one exercise that works the triceps, two abdominal exercises; evidence is required of three safety teaching points per exercise.

2.4 Monitor and respond to participant needs during a class by providing information on level options and load requirements in accordance with the class plan.

2.5 Apply communication and safety management techniques for both the class as a group and individual participants in accordance with the class plan.

Range class communication and safety management techniques must include but are not limited to – observation, cueing, repetition of safety instructions;
individual communication and safety techniques must include but are not limited to – physical or verbal adjustment;
may include but are not limited to – modifying a movement, taking a break, stopping the class.

2.6 Communicate motivational and technical instructions in accordance with participant needs.

Range technical instruction may include – correct physical execution, keeping in time to the beat, safe tempo, flow of movement;
motivation techniques may include but are not limited to – facial expressions, voice, respond to individual and group needs, questioning and feedback, respect and care.

2.7 Conduct cool down, stretches and post class interaction in accordance with the class plan.

Replacement information	This unit standard replaced unit standard 22775.
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Planned review date	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

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>.

Comments on this unit standard

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