

Title	Instruct a Cardio Martial Fit class		
Level	3	Credits	7

Purpose	People credited with this unit standard are able to: describe basic exercise techniques, level options, choreographic progressions and pre-screening used in Cardio Martial Fit group fitness classes; and instruct a Cardio Martial Fit group fitness 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 step technique.

Cardio Martial Fit in the context of this unit standard refers to martial arts based exercises that may include participants making impact contact with equipment such as boxing pads or bags, kick pads or bags, or gloves, but is non-contact with other participants. It is recommended if equipment is being used that protective equipment is also provided for participants such as wrist wraps and shin pads.

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

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.

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.

Modifications refer to increase or decrease intensity levels and may also be called progressions or regressions.

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

Specific muscles refers to the muscles that make up a major muscle group.

Tempo refers to the speed of the repeated movement.

Outcomes and performance criteria

Outcome 1

Describe basic exercise techniques, level options, choreographic progressions and pre-screening used in Cardio Martial Fit group fitness classes.

Performance criteria

- 1.1 Describe the basic martial arts techniques and safety points used in Cardio Martial Fit classes.

Range techniques include but are not limited to – jabs, punches, kicking and punching combinations;
may also include – body positioning, equipment use;
safety points may include but are not limited to – safe level of force for any impact techniques, breathing, core activation.

- 1.2 Describe the basic exercise techniques used in Cardio Martial Fit classes in terms of the key joints used, major muscle groups used, and the specific muscles used, in accordance with the class plan.

Range techniques must include but are not limited to – front kick, side kick, round kick, front knee, jab, cross, hook, upper cut, one elbow strike, push ups, abdominal exercise, squat exercise;
key joints must include but are not limited to – shoulders, elbow, hip, knee, ankle;
major muscle groups may include – shoulders, chest, arms, back, abdominals, gluteals, quadriceps, hamstrings, calves;
specific muscles 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 exercise technique in accordance with the class plan.

Range one exercise progression and one exercise regression.

1.4 Describe choreographic progressions in accordance with the class plan.

Range two choreographic progressions.

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

Outcome 2

Instruct a Cardio Martial Fit group fitness class.

Performance criteria

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

2.2 Demonstrate warm up techniques safely in accordance with the class plan.

Range dynamic stretches, high repetition of movements.

2.3 Demonstrate kicking and boxing exercise techniques safely in accordance with the class plan.

Range techniques demonstrated must include but are not limited to – front kick, side kick, round kick, front knee, jab, cross, hook, upper cut, one elbow strike, push ups, abdominal exercise, squat exercise;
safe demonstration must include but is not limited to – safe flow of movement, safe tempo, safe intensity;
may also include – safe application of any impact to equipment techniques in relation to punching or kicking techniques, joint alignment, equipment use and level of force.

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

2.5 Apply performance and motivation techniques to maintain class engagement.

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

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

Replacement information	This unit standard replaced unit standard 22776.
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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.