

Title	Instruct a Circuit class		
Level	3	Credits	7

Purpose	People credited with this unit standard are able to: describe the planning, basic exercises techniques, level options, safety requirements and pre-screening used in Circuit classes; and instruct a Circuit 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 an exercise movement or technique.

Circuit in the context of this unit standard refers exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise. Exercises may or may not be equipment based.

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.

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.

Outcomes and performance criteria

Outcome 1

Describe the planning, basic exercises techniques, level options, safety requirements and pre-screening used in Circuit classes.

Performance criteria

- 1.1 Describe the planning requirements for a Circuit class in accordance with the class plan.
- Range equipment availability, space, participant needs, level options, class size, conditioning goals, time limits, class duration.
- 1.2 Describe the basic exercise techniques used in a particular Circuit class in terms of the major muscle groups used, and body positioning.
- 1.3 Describe the exercise level options for each basic technique in accordance with the class plan.
- Range one progression and one regression per technique.
- 1.4 Describe the safety requirements for a specific Circuit class in accordance with normal operating procedures.
- Range pre-use checks on equipment, plan modifications to suit participant needs.
- 1.5 Describe pre-screening methods according to facility normal operating procedures.

Outcome 2

Instruct a Circuit 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 class structure to participants in accordance with the class plan.

Range introduction may include but is not limited to – stations, name of exercise, major muscles being used; may include – breathing used, body positioning, timing, tempo.
- 2.3 Demonstrate Circuit exercise techniques safely and in accordance with the class plan.

Range exercise techniques may include but are not limited to – name of exercise, body positioning, equipment usage, tempo, breathing, major muscle group(s) used, level options.
- 2.4 Demonstrate the group management skills required for Circuit instruction in accordance with the class plan.

Range group management skills include but are not limited to – observation, knowledge of equipment set up, multi-tasking, managing a range of people on a range of equipment at one time.
- 2.5 Observe and correct technique of individual participants in accordance with the class plan.

Range individual correction techniques may include but are not limited to – equipment usage, physical or verbal adjustment, talking to the individual needing correction,
- 2.6 Conduct cool down, stretches and post class interaction in accordance with the class plan.

Replacement information	This unit standard replaced unit standard 22777.
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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.