

<b>Title</b>	<b>Instruct a group fitness Dance 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: demonstrate knowledge of dance exercise movements used in group fitness Dance classes, and instruct a group fitness Dance class.
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<b>Classification</b>	Fitness > Group Fitness Instruction
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<b>Available grade</b>	Achieved
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### Explanatory notes

- 1 Definitions  
*Dance technique* is how a step or move is done, including the form the body takes when performing or executing the movement.  
*Choreography* in the context of this unit standard refers to how a series of dance steps are linked together, performed and mapped to music to create a dance or exercise routine. It also includes the use of direction and floor space and the creation of feeling or mood.
- 2 Facility policy and procedure refers to the operations manual or documented normal operating procedures at a fitness facility.
- 3 All activities must be consistent with the Health and Safety in Employment Act 1992.
- 4 The candidate must be assessed instructing a class of at least five participants.

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### Outcomes and evidence requirements

#### Outcome 1

Demonstrate knowledge of dance exercise movements used in group fitness Dance classes.

#### Evidence requirements

- 1.1 The key components of dance as an exercise medium are described.
 

Range	choreography, performance, kinaesthetic awareness of movement and body, musical interpretation, fitness, mobility, coordination, posture, poise, strength, rhythm and timing.
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- 1.2 The basic dance techniques required to deliver dance as an exercise medium are described in accordance with the Dance class plan.
- Range awareness of arm lines, creating shape and form, muscular balance, posture or stance, proficiency, strength, accentuated movements.
- 1.3 The key communication skills required of dance group fitness instructor are described in accordance with the Dance class plan.
- Range directional change, strong voice, safe cueing, facial expression, eye line, strong voice, well timed music cueing, holding patterns of steps, successful mirror imaging and right footing, physical movements, feedback.
- 1.4 Performance requirements of dance as an exercise medium are described in accordance with the dance class plan.
- Range flexibility and mobility, accentuation of range of moves, dramatic presentation, use of tempo, versatile delivery, energy.
- 1.5 Methods with which to screen participants, and contra-indications to look for are implemented according to facility policy and procedure.
- Range pre-exercise screen, post warm-up assessment and modifications when required.

## Outcome 2

Instruct a group fitness Dance class.

### Evidence requirements

- 2.1 A choreographed dance routine is communicated through instruction in accordance with the Dance class plan.
- Range purpose and genre, creative expression, use of direction and beats, feedback.
- 2.2 The exercise techniques used in dance classes are safely and effectively demonstrated through instruction in accordance with the Dance class plan.
- Range muscle groups used, balance or weight transfer, head alignment and posture, key technique points.
- 2.3 Repertoire of moves used in dance classes is demonstrated through instruction in accordance with the Dance class plan.
- Range variety of steps and sequences, safe techniques, dance style or genre.

2.4 Instructor' role models the technique to the class in accordance with the Dance class plan.

Range mobility and style, energy and feeling on delivery, proficiency, rhythm and flair, use of tempo, posture and coordination.

<b>Planned review date</b>	31 December 2017
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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	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>.

#### Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

#### 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.