

Title	Instruct a group exercise Dance class		
Level	3	Credits	7

Purpose	People credited with this unit standard are able to: describe the key components of an exercise dance class, considerations, communication and performance techniques and pre-screening used in group exercise Dance classes; and instruct a group exercise Dance 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

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.

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

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

Performance techniques refer to how a step or move is executed, including the form the body takes when performing or executing the movement.

Pre-screen refers to industry recognised pre-screen.

Outcomes and performance criteria

Outcome 1

Describe the key components of an exercise dance class, considerations, communication and performance techniques, and pre-screening used in group exercise Dance classes.

Performance criteria

- 1.1 Describe the key components of an exercise dance class.
- Range may include but is not limited to – components of fitness, posture, rhythm and timing, choreography, performance, musical interpretation.
- 1.2 Describe the basic dance considerations for delivering dance as an exercise medium.
- Range may include but is not limited to – flexibility and mobility, muscular balance, posture, use of tempo, energy.
- 1.3 Describe the key communication techniques required of a group exercise dance instructor in accordance with the Dance class plan.
- Range may include but is not limited to – verbal and non-verbal cueing, facial expression, well timed music cueing, holding patterns of steps, physical cueing.
- 1.4 Describe the performance techniques of dance as an exercise medium in accordance with the Dance class plan.
- Range may include but is not limited to – awareness of arm lines, interpretation of dance theme, dramatic presentation, matching movements and style to specific dance theme.
- 1.5 Describe pre-screening methods according to facility normal operating procedures.

Outcome 2

Instruct a group fitness Dance class.

Performance criteria

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

2.2 Introduce and instruct a choreographed dance routine in accordance with the Dance class plan.

Range introduction may include but is not limited to – purpose, theme, class overview.

2.3 Communicate exercise techniques used in dance classes safely in accordance with the Dance class plan.

Range communications may include but are not limited to – muscle groups used, balance, body alignment and posture, key technique points.

2.4 Instruct a repertoire of moves using a variety of steps and sequences in accordance with the Dance class plan.

2.5 Role model technique to the class in accordance with the Dance class plan.

Range may include but is not limited to – mobility, energy, proficiency in theme, use of tempo, posture and coordination, creative expression, use of direction and tempo.

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

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.