

Title	Instruct a Mind and Body class		
Level	3	Credits	7

Purpose	People credited with this unit standard are able to: describe Mind and Body philosophy as an exercise medium, exercise techniques, pre-screening and safety requirements used in Mind and Body classes; and instruct a Mind and Body class.
----------------	---

Classification	Exercise > Fitness Assessment and Exercise Instruction
-----------------------	--

Available grade	Achieved
------------------------	----------

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

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

Energy may refer to the discipline or the philosophy inclination of the class or individual.

Exercise modification refers to adaptations to an exercise to increase or decrease intensity or level, or to cater for participant limitations.

Exercise techniques refer to how exercises are executed, including the form the body takes when doing exercises.

Normal Operating Procedures (NOPs) 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.

Outcomes and performance criteria

Outcome 1

Describe Mind and Body philosophy as an exercise medium, exercise techniques, pre-screening and safety requirements used in Mind and Body classes.

Performance criteria

1.1 Describe the underlying philosophy of Mind and Body as an exercise medium in terms of movement and breathing.

Range relaxation, energy building, well-being, good health, range of motion, balance, stress reduction, stretches, breathing techniques.

1.2 Describe each type of Mind and Body exercise in terms of movements used and their benefits in accordance with the class plan.

Range benefits include but are not limited to – energy, posture and alignment, joints, flexibility and mobility; evidence is required of a minimum of five Mind and Body exercises.

1.3 Describe pre-screening and safety requirements in terms of normal operating procedures and the Mind and Body class plan.

Outcome 2

Instruct a Mind and Body class.

Performance criteria

2.1 Carry out pre-screening and safety requirements in terms of normal operating procedures in accordance with the class plan.

2.2 Introduce the principles of Mind and Body classes in accordance with the class plan.

Range may include but is not limited to – coordination, control, concentration, breathing, precise movements, technique, class structure.

- 2.3 Demonstrate and communicate safe Mind and Body exercise techniques through instruction in accordance with the class plan.
- Range must include – base movements, name of exercise, correct technique, joints and muscles targeted, flow of movements.
- 2.4 Monitor group and individual participants and apply exercise modification options and technique corrections in accordance with the class plan.
- Range must include – correct posture, range of movements without compromising posture, cue breath;
may include but is not limited to – physical or verbal adjustment, motivational interaction, respect and care.
- 2.5 Apply techniques to maintain class engagement.
- Range techniques may include – facial expressions, correct physical execution, safe tempo, voice, flow of movement;
may include but not limited to – respond to individual and group needs, breaking down the complexity of moves, questioning and feedback, use of music, respect and care.
- 2.6 Conduct class close and post-class interaction in accordance with the class plan.

Planned review date	31 December 2025
----------------------------	------------------

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
--	------

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.