

Title	Instruct a Core Conditioning class		
Level	3	Credits	7

Purpose	People credited with this unit standard are able to: describe the structure, basic exercise techniques and related level options, safety points and pre-screening for a Core Conditioning class; and instruct a Core Conditioning 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. Equipment may be used as part of the class and could include but is not limited to – swiss balls, bosu, dumbbells or free weights, instability discs, tubing, medicine balls, kettle balls, suspension training equipment.
- 5 Definitions

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.

Functional refers to exercises that have some carry over into everyday life.

Level options refers to progressions; which increase the intensity of an exercise and regressions; which decrease the intensity of an exercise.

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.

Safety points refers to what the instructor must look for when observing participants for correct technique execution.

Outcomes and performance criteria

Outcome 1

Describe the structure, basic exercise techniques and related level options, safety points and pre-screening for a Core Conditioning class.

Performance criteria

- 1.1 Describe the structure of a Core Conditioning group fitness class in accordance with the class plan.
- Range must include – warm up, functional exercises, stretches, cool down.
- 1.2 Describe the basic exercise techniques in a Core Conditioning group fitness class in terms of correct postural alignment and core muscles used in accordance with the class plan.
- Range exercises techniques may include but are not limited to – squat, lunge, push, pull, bend, twist, core rotation, floor-based core exercises;
core body muscles must include but are not limited to – rectus abdominis, obliques – internal and external, transverse abdominus, erector spinae, multifidus, quadratus lumborum;
correct postural alignment includes neutral spine, joint alignment, pelvic placement.
- 1.3 Describe level options for each basic technique in accordance with the class plan.
- Range one exercise progression and one exercise regression.
- 1.4 Describe the relevant safety points for Core Conditioning exercise techniques in accordance with the class plan.
- Range exercises techniques from performance criterion 1.2;
safety points must include – core engagement, neutral spine position, flooring;
may include appropriate resistance loading;
evidence is required of a minimum of six exercise techniques.

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

Outcome 2

Instruct a Core Conditioning class.

Performance criteria

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

- 2.2 Introduce and demonstrate warm up exercise techniques safely in accordance with the class plan.

Range must include – active stretching;
may include – equipment use.

- 2.3 Demonstrate and instruct Core Conditioning exercise techniques and safety points in accordance with the class plan.

Range techniques may include but is not limited to – squat, lunge, push, pull, bend, twist, rotate, floor-based core exercises;
evidence is required of – one or more piece of equipment, at least three safety teaching points per technique, a minimum of six exercise techniques.

- 2.4 Monitor participant technique and communicate modification and safety techniques to individuals in accordance with the class plan.

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

- 2.5 Apply communication techniques to cue engaging the core muscles in accordance with the class plan.

Range engaging core techniques must include – muscle activation, bracing, drawing in;
may include – safe loading.

- 2.6 Apply performance and motivation techniques to maintain class engagement.

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

- 2.7 Conduct cool down, stretches 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.