

Title	Plan, choreograph, deliver and review freestyle group exercise classes		
Level	4	Credits	20

Purpose	People credited with this standard are able to plan, choreograph, deliver, adapt and review freestyle group exercise classes.
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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 within this unit standard must be carried out in accordance with the following, as relevant to their role:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993, Consumer Guarantees Act 1993, Accident Compensation Act 2001, and any subsequent amendments;
 - guidelines and codes of practice applicable to this standard include Code of Ethical Practice endorsed by Exercise New Zealand, and the New Zealand Pre-Screening Guide, November 2014 available from Register of Exercise Professionals website <http://www.reps.org.nz/>;
 - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).

- 2 Definitions

Class type refers to step, indoor cycle, free weights, aquafitness, cardio martial fit class, circuit, group exercise dance class, mind and body class, core conditioning with equipment.

Freestyle – refers to exercises performed to music, in a sequence created by the instructor.

Class plan – includes warm up, conditioning phase, cool down, venue, class expectations, class feedback.

- 3 Assessment

The candidate must be assessed instructing a class of at least five participants. The candidate must deliver an exercise class for a minimum of one class type in accordance with a freestyle choreographed programme.

Outcomes and performance criteria

Outcome 1

Plan and choreograph group exercise classes.

Performance criteria

- 1.1 Analyse information to identify participant risk factors, abilities, cultural needs and goals for exercise and reflect this in the class plan. Information includes pre-screening information.
- 1.2 Identify relevant progressions and regressions relevant and appropriate to a specific exercise class type.
- 1.3 Develop a plan incorporating knowledge of anatomy and physiology, class structure, progressions and regressions, health and wellness and choreographic principles to meet the needs of participants.

Outcome 2

Deliver and adapt freestyle group exercise classes.

Performance criteria

- 2.1 Manage the class environment and resources in terms of safety and the class plan.
- 2.2 Deliver the class in accordance with the class plan, adapting the plan in response to participant needs, the exercise environment and safety. Adaptations include modifications for moves, visual instruction and vocal quality, contrast and cueing.
- 2.3 Interact with participants throughout the class in a manner that considers participant needs, culture and exercise goals.
- 2.4 Adapt motivational techniques to accommodate participant needs. Techniques may include but are not limited to positive reinforcement, role modelling, style and tone.

Outcome 3

Review the delivery of a freestyle group exercise class.

Performance criteria

- 3.1 Review the delivery and choreography against the class plan, using stakeholder and participant feedback, and recommend improvements.

Planned review date	31 December 2022
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 August 2017	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 info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.