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| Title | Demonstrate knowledge of health and wellness framework components for participants in exercise | | |
| Level | 4 | Credits | 5 |

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| Purpose | People credited with this standard are able to demonstrate knowledge of health and wellness framework components for participants in exercise. |
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| Classification | Exercise > Fitness Assessment and Exercise Instruction |
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| Available grade | Achieved |
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Guidance information

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).

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of health and wellness framework components for participants in exercise.

Performance criteria

- 1.1 Explain health and wellness strategies that are supported by evidence based practice. Strategies include but are not limited to nutrition and hydration.
- 1.2 Explain the role and boundaries of an exercise instructor in supporting participants to implement health and wellness strategies. Role and boundaries may include but are not limited to pre-screening, risk factors, scope of practice, referral.
- 1.3 Describe enablers and barriers that can impact on health and wellness for participants in exercise.

- 1.4 Describe how to integrate culturally appropriate values and protocols into practice in terms of meeting participant needs during exercise.

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| 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Status information and last date for assessment for superseded versions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 |

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| 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 info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.