

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

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.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	17 August 2017	31 December 2027
Review	2	27 March 2025	31 December 2027

Consent and Moderation Requirements (CMR) reference

0099

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.