

Title	Prepare for, instruct and review a pre-choreographed group exercise class		
Level	3	Credits	15

Purpose	People credited with this standard are able to prepare for, instruct and carry out post class processes and procedures for a pre-choreographed group exercise class.
----------------	--

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

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

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

Choreography refers to how a series of exercises are performed and linked together to create an exercise routine.

Pre-choreographed group exercise class refers to instruction of group exercise designed by someone else and not modified by the group exercise instructor.

Class types 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.

- 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 pre-choreographed programme.

All classes must be delivered in accordance with the pre-choreographed group exercise class programme.

Outcomes and performance criteria

Outcome 1

Prepare for a pre-choreographed group exercise class.

Performance criteria

- 1.1 Describe pre-screening in terms of its use in determining client suitability for participating in exercise.
- 1.2 Complete pre-class setup and preparation, including equipment, instructor and environment in accordance with class requirements.
- 1.3 Pre-class interaction with participants meets organisational requirements.

Outcome 2

Instruct a pre-choreographed group exercise class.

Performance criteria

- 2.1 Follow warm up and cool down procedures in terms of the programme for the class.
- 2.2 Use techniques to create an environment that enables participants with different motivational needs to engage in the class.
- 2.3 Communicate the components of exercise in terms of how they apply to participants in a pre-choreographed group exercise class type. Components may include but are not limited to – strength, speed, power, aerobic fitness, muscular endurance, flexibility, agility.
- 2.4 Follow safe practices and procedures in pre-choreographed group exercise and monitor clients to ensure safe practice.
- 2.5 Communicate throughout the class to promote group and individual focus in accordance with class requirements.

Range communication between tracks, eye contact, inclusive word selection, safety reminders, smiles and personalised talk, language, voice, pace, sequencing and duration.
- 2.6 Demonstrate and instruct technically correct physical execution of movement in accordance with the pre-choreographed group exercise programme.

Range word selection, safety instruction, technique correction, coaching.
- 2.7 Follow choreographic principles in accordance with pre-choreographed group exercise class types.

Outcome 3

Carry out post class processes and procedures for a pre-choreographed group exercise class.

Performance criteria

- 3.1 Post-class interaction encourages participants to provide feedback and seek extra information.
- 3.2 Follow post-class process to meet exercise facility requirements.
- 3.3 Use feedback and self-review to make improvements to professional practice, and class processes and procedures.
- 3.4 Follow up client feedback and complaints and document in line with organisational procedures and code of ethics.

Planned review date	31 December 2022
----------------------------	------------------

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.