

<b>Title</b>	<b>Demonstrate basic knowledge of anatomical structures and physiological responses to exercise</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	People credited with this unit standard are able to: describe gross anatomical structures and their function during exercise; and describe physiological responses and adaptations that result from exercise.
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<b>Classification</b>	Exercise > Human Anatomy, Physiology and Nutrition
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<b>Available grade</b>	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, 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, version 1, November 2014, both available from <http://www.reps.org.nz>;
  - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).
- 2 Definitions
 

*Gross anatomical structures- bones, muscles and joints* refers to major muscles, muscle groups, joints, and the underlying bones to which these muscles attach.

*Acute physiological responses* refer to an immediate change in one or more of the body's responses to a stimulus such as exercise.

*Chronic physiological adaptations* refer to changes to one or more of the body's systems as a result of long-term consistent stimulus such as exercise.
- 3 This unit standard covers basic anatomical knowledge. This level of knowledge is not sufficient to operate in an exercise prescription role.

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### Outcomes and performance criteria

#### Outcome 1

Describe the function of gross anatomical structures during exercise.

**Performance criteria**

1.1 Identify muscles and describe their function during exercise.

Range muscle groups include shoulders, chest, back, hamstrings, gluteals, abdominals, quadriceps, adductors and abductors of thigh, calves, biceps, triceps.

1.2 Identify joints and describe their function during exercise.

Range joints include shoulder, spine, elbow, wrist, hip, knee, ankle.

1.3 Identify bones and describe their function during exercise.

Range bones include skull, spine, shoulder girdle, ribcage, radius, ulna, humerus, carpals, metacarpals, pelvis, femur, tibia, fibula, tarsals, metatarsals.

**Outcome 2**

Describe common physiological responses and adaptations of the body that result from exercise.

**Performance criteria**

2.1 Describe common acute physiological responses of the body in relation to exercise.

2.2 Describe chronic physiological adaptations of the body in relation to exercise.

<b>Planned review date</b>	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
Review	2	24 January 2019	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	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](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.