

Title	Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility		
Level	3	Credits	8

Purpose	People credited with this unit standard are able to work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility
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Classification	Exercise > Exercise Industry Practice
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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, Vulnerable Children Act 2014, 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 (REPS) website <http://www.reps.org.nz/>;
 - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).

- 2 Definitions

Scope of practice refers to tasks and roles of an exercise professional, the area of practice they work in and the level defined by the exercise industry, for example see Scope of Practice section on the REPS website <http://www.reps.org.nz/>.

Outcomes and performance criteria

Outcome 1

Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility.

Performance criteria

- 1.1 Describe exercise programmes and activities in terms of the role of an exercise instructor.

- 1.2 Describe instructor self-care requirements and how they relate to professionalism.
- Range may include but is not limited to – own fitness level, overuse, voice.
- 1.3 Demonstrate professional practice in terms of code of ethics, scope of practice, client privacy, and health and wellbeing to meet organisational requirements.
- 1.4 Follow health and safety practices in terms of facility procedures and exercise industry guidelines.
- Range accident, emergency and evacuation procedures, reporting and recording of hazards, incidents and accidents.
- 1.5 Follow up any issues that impact on client safety, health and well-being, and exercise goals and to meet organisational requirements.
- 1.6 Maintain currency by networking with industry groups, exercise community and health professionals.

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
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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.