

<b>Title</b>	<b>Pre-screen, design, deliver and adapt exercise programmes</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>15</b>

<b>Purpose</b>	People credited with this standard are able to: explain the principles of exercise and fitness; demonstrate knowledge of the role of preparation (warm up) and recovery (cool down) for various training types, and exercise testing; carry out the approved exercise industry pre-screen; design and deliver an exercise programme for exercise participants; and, monitor and adapt an exercise programme to meet exercise participants needs.
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<b>Classification</b>	Exercise > Fitness Assessment and Exercise Instruction
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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, 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;
  - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).
  
- 2 Standard Exercise Schedule A can be used as reference material for this unit standard. The Standard Exercise Schedule A has been developed as a guidance document that contains a desirable entry-level exercise vocabulary for work in the New Zealand fitness industry. The schedule covers a wide range of exercises but is not an exhaustive list and it is not intended to exclude those exercises or variations not listed.

The Standard Exercise Schedule A can be found on the Skills Active Aotearoa website [www.skillsactive.org.nz](http://www.skillsactive.org.nz).

- 3 **Assessment**  
Assessment of this unit standard requires the use of the approved exercise industry pre-screen. This is accessible from the New Zealand Register of Exercise Professionals (REPs) [www.reps.org.nz](http://www.reps.org.nz).

The candidate must be assessed on planning, designing and delivering programmes for participants from each of the following demographics: male – over 45 years old,

male – under 45 years old, female – over 55 years old, female –under 55 years old. The participants must have a pre-screen outcome of moderate risk, or low risk. At least one participant must have a pre-screen outcome of low risk.

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## Outcomes and performance criteria

### Outcome 1

Explain the principles of exercise and fitness.

#### Performance criteria

- 1.1 Explain the principles of exercise and how they relate to exercise programmes.
- 1.2 Explain the components of fitness used in the performance of physical activity.
- 1.3 Explain how the frequency, intensity, time and type (FITT) principles are manipulated to create different types of training.

### Outcome 2

Demonstrate knowledge of the role of preparation (warm up) and recovery (cool down) for various training types.

Range roles may include but are not limited to – safety, psychological preparation, physiological preparation, environmental conditions; training types must include but are not limited to – muscular strength, power, hypertrophy and endurance, flexibility, agility, speed, anaerobic fitness and aerobic endurance.

#### Performance criteria

- 2.1 Justify the use of different stretching types.  
  
Range static, dynamic, proprioceptive neuromuscular facilitation (PNF).
- 2.2 Explain the role of preparation and relate the characteristics of the preparatory activity to the training type and requirements of the performance.
- 2.3 Explain the role of recovery and relate the characteristics of the recovery activity to the training type and requirements for subsequent activity and/or performance.

### Outcome 3

Demonstrate knowledge of exercise testing.

#### Performance criteria

- 3.1 Identify and compare exercise tests that can be used to measure exercise variables for an exercise participant.

- 3.2 Describe appropriate ways to physically interact with exercise participants during exercise testing.
- 3.3 Identify situations when it may be best not to test an exercise participant.
- 3.4 Explain methods to improve the reliability and validity of testing for exercise participants.

#### **Outcome 4**

Carry out the approved exercise industry pre-screen.

#### **Performance criteria**

- 4.1 Establish rapport with the participant and explain their rights and the purpose of assessing their preferences, goals and barriers.
- 4.2 Establish and record the exercise participant's overall objective(s) or goal(s) and exercise preferences.
- 4.3 Identify barriers to the exercise participant achieving their exercise goals and discuss and record potential solutions.
- 4.4 Explain to the exercise participant the purpose and procedures for the planned testing and gain consent.
- 4.5 Carry out assessments of body dimensions and body composition.
- 4.6 Carry out a submaximal predictive test of cardiovascular capacity using a specified protocol.

Range protocols may include – Åstrand-Rhyming Step Test, Harvard Step Test, Åstrand-Rhyming Cycle Ergometer Test, PWC170 Test, Rockport 1 Mile Walk Test, Cooper 12-minute Run Test, Multistage Fitness Test (Beep Test).

- 4.7 Carry out specific exercise tests and their associated procedures.

Range minimum of one test each for – submaximal predictive aerobic fitness, strength, blood pressure measurement.

- 4.8 Process assessment results according to protocol and calculation requirements and communicate them to the exercise participant in basic language.
- 4.9 Record and store all exercise participant information according to the requirements of the Privacy Act 1993.

#### **Outcome 5**

Design and deliver an exercise programme for exercise participants.

**Performance criteria**

5.1 Analyse the exercise participant's information and use it to design an exercise programme to meet their needs.

Range information includes – goals, preferences, current fitness level, injury profile, exercise risk factors, warm up and cool down requirements, expected barriers.

5.2 Take the exercise participant through the exercise programme ensuring the correct technique is demonstrated.

5.3 Seek feedback from the exercise participant to ensure that their needs have been met through the design of the exercise programme.

**Outcome 6**

Monitor and adapt an exercise programme to meet exercise participants needs.

**Performance criteria**

6.1 Monitor exercise participant against their exercise programme and collect data to establish progression and/or regression requirements.

6.2 Confirm or update goals with exercise participant to meet expectations, experiences and results.

6.3 Update the exercise programme in line with the new exercise plan and updated goal(s).

<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	23 November 2017	31 December 2021
Revision	2	22 August 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 Limited [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.