

<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).

**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	23 November 2017	31 December 2021
Revision	2	22 August 2019	31 December 2027
Review	3	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>.