

Title	Demonstrate knowledge of the human body and its movement during exercise and stretching		
Level	3	Credits	7

Purpose	People credited with this standard are able to demonstrate knowledge of: the human body and its movement; and stretches that target major muscles and muscle groups.
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Classification	Exercise > Human Anatomy, Physiology and Nutrition
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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, and any subsequent amendments;
 - guidelines and codes of practice applicable to this standard include the 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.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of the human body and its movement.

Performance criteria

- 1.1 Identify major bones of the human body.
- Range calcaneus, talus, fibula, tibia, femur, pelvis, vertebra, scapula, humerus, radius, ulna, carpals, skull, rib cage.
- 1.2 Describe the joint types of the human body.
- Range ball and socket, hinge, pivot, gliding, saddle, condyloid.
- 1.3 Describe the planes of motion.
- Range sagittal plane, transverse plane and frontal (coronal) plane.
- 1.4 Identify major muscles and muscle groups and describe the movements created by their contraction.
- Range muscles – hamstrings, quadriceps, gluteals, calves, pectorals, trapezius, latissimus dorsi, erector spinae, deltoids, rhomboids, biceps, triceps, rectus abdominus, internal and external obliques; movements – flexion, extension, abduction, adduction, rotation, inversion, eversion, dorsi flexion, plantar flexion, circumduction, pronation, supination.
- 1.5 Describe the types of contractions muscles make to create and control movement.
- Range concentric, eccentric, isometric.
- 1.6 Describe exercises that target each major muscle and muscle group and identify the full range of movement and safety factors for each.
- Range major muscles and muscle groups – hamstrings, quadriceps, gluteals, calves, pectorals, trapezius, latissimus dorsi, deltoids, rhomboids, biceps, triceps, rectus abdominus, internal and external obliques; safety factors – tempo, contraindications, regressions, progressions.

Outcome 2

Demonstrate knowledge of stretches that target major muscles and muscle groups.

Performance criteria

- 2.1 Describe benefits and uses of different types of stretching.
- Range static, dynamic.

2.2 Describe the key points to an effective static stretch.

Range starting position, movement direction, breathing, duration.

2.3 Identify stretches that target major muscles and muscle groups and the key teaching points.

Range major muscle group – hamstrings, quadriceps, gluteals, calves, pectorals, trapezius, latissimus dorsi, deltoids, rhomboids, biceps, triceps, rectus abdominus, internal and external obliques.

Replacement information	This unit standard replaced unit standard 21791.
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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	23 November 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 Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.