

<b>Title</b>	<b>Explain the impacts of health and wellness factors on exercise participants and programme design</b>		
<b>Level</b>	<b>5</b>	<b>Credits</b>	<b>7</b>

<b>Purpose</b>	People credited with this standard are able to explain the impacts of health risk, lifestyle and wellbeing factors, on exercise participants and programme design.
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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:
  - legislation including Health and Safety at Work Act 2015, Privacy Act 2020, Consumer Guarantees Act 1993, Accident Compensation Act 2001;
  - guidelines and codes of practice include the NZ Register of Exercise Professionals (REPs) Code of Ethical Practice and the REPs Pre-Screening form and guide. These are available from the REPs website [www.reps.org.nz](http://www.reps.org.nz);
  - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).

### Outcomes and performance criteria

#### Outcome 1

Explain the impacts of health risk factors on exercise participants and programme design.

#### Performance criteria

- 1.1 Describe contra-indicators relating to health risk factors and describe the action required for exercise participants.
- 1.2 Describe acute physiological responses to health risk factors.
- 1.3 Describe chronic physiological adaptations to health risk factors.
- 1.4 Explain how health risk factors can be affected by exercise.

Range may include but is not limited to – improvement expectations, timeframes for improvements.

- 1.5 Explain the impacts on programme design when working with exercise participants with health risk factors.
- 1.6 Explain the impacts on programme design when working with exercise participants with co-existing health risk factors.
- 1.7 Identify common medications relating to health risk factors and describe the precautions and/or adaptations that may be required to an exercise programme.

## Outcome 2

Explain the impacts of lifestyle and wellbeing factors on exercise participants and programme design.

### Performance criteria

- 2.1 Explain how lifestyle and wellbeing factors can be influenced by exercise.
- Range may include but not limited to – improvement expectations, timeframes for improvements. mental health, diet.
- 2.2 Explain the relationship between lifestyle, wellbeing and health risk factors.
- 2.3 Explain the impacts on programme design when working with exercise participants with lifestyle and wellbeing factors.
- 2.4 Identify common medications relating to lifestyle and wellbeing factors and describe the precautions and/or adaptations that may be required in an exercise programme.

<b>Planned review date</b>	31 December 2028
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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 2025
Review	2	24 August 2023	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 Toi Mai Workforce Development Council [qualifications@toimai.nz](mailto:qualifications@toimai.nz) if you wish to suggest changes to the content of this unit standard.