

<b>Title</b>	<b>Plan, design, deliver and evaluate a personalised extended exercise programme</b>		
<b>Level</b>	<b>5</b>	<b>Credits</b>	<b>12</b>

<b>Purpose</b>	People credited with this standard are able to: plan and design a personalised extended exercise programme; and, deliver and evaluate a personalised extended exercise programme.
----------------	---

<b>Classification</b>	Exercise > Fitness Assessment and Exercise Instruction
-----------------------	--

<b>Available grade</b>	Achieved
------------------------	----------

### Guidance Information

- 1 Recommended skills and knowledge for entry into this unit standard: Unit 30635, *Pre-screen, design, deliver and adapt exercise programmes*.
- 2 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, and the New Zealand Pre-Screening Guide, November 2014 available from Register of Exercise Professionals website <http://www.reps.org.nz/>;
  - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).
- 3 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.

Standard Exercise Schedule B can be used as reference material for this unit standard. The Standard Exercise Schedule B has been developed as a guidance document that contains a desirable exercise vocabulary to supplement Standard Exercise Schedule A in order to support advanced exercise instruction work in the New Zealand fitness industry.

The Standard Exercise Schedules A and B are not exhaustive lists and are not intended to exclude those exercises or variations not listed. The Standard Exercise Schedules A and B can be found on the Skills Active Aotearoa website [www.skillsactive.org.nz](http://www.skillsactive.org.nz).

The approved exercise industry pre-screen can be used as reference material for this unit standard. This is accessible from New Zealand Register of Exercise Professionals (REPs) [www.reps.org.nz](http://www.reps.org.nz).

#### 4 Definition

*Extended exercise programmes* are generally expected to be over 10 weeks in duration and will have multiple monitoring and adaptations phases.

---

## Outcomes and performance criteria

### Outcome 1

Plan and design a personalised extended exercise programme for exercise participants.

#### Performance criteria

1.1 Identify and critique methods of assessing baseline and progress results.

Range assessments – field assessment, use of technology; critique – accuracy, validity, specificity, practicality, normative, baseline, costs, professional support needed, reproducibility.

1.2 Carry out assessment for the purpose of informing the programme design.

Range injuries, health record, testing results, risk factors.

1.3 Carry out biomechanical analysis, field-based biomechanical observation and measurements of exercises to identify impacts on programme design.

Range mechanical purpose, joints involved, key muscle groups and types of action, significant mechanical variables, constraints on performance.

1.4 Establish the exercise participants goals and motivations for the exercise programme.

Range short-term, mid-term, long-term.

1.5 Describe the principles of periodisation and how they can be implemented into an extended exercise programme.

Range micro cycle, macro cycle.

1.6 Design the extended exercise programme, applying the principles of training, periodisation and incorporating advanced exercise principles and techniques.

Range principles of training include – specificity, progressive overload, rest and recovery, reversibility, frequency, intensity, duration, periodisation, individuality, maintenance, plateau, interference, tapering.

**Outcome 2**

Deliver and evaluate a personalised extended exercise programme.

**Performance criteria**

- 2.1 Deliver the extended exercise programme, explaining the intended programme progression.
- 2.2 Amend the programme and/or goals according to the analysis of ongoing testing, monitoring and any unexpected circumstances.
- Range may include but is not limited to – injury, illness, circumstances of the individual, testing results, allied health professional advice.
- 2.3 Evaluate the extended exercise programme and explain how modifications to the programme could enhance its effectiveness.

<b>Planned review date</b>	31 December 2022
----------------------------	------------------

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	23 November 2017	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0099
--	------

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.