

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

Purpose	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.
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Classification	Exercise > Fitness Assessment and Exercise Instruction
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Available grade	Achieved
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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:
 - relevant 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;
 - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).
- 3 Definition
Extended exercise programmes are programmes generally expected to be over 10 weeks in duration and with 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.
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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, individual circumstances, testing results, allied health professional advice.

2.3 Evaluate the extended exercise programme and explain how modifications could enhance its effectiveness.

Planned review date	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

Consent and Moderation Requirements (CMR) reference

0099

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 if you wish to suggest changes to the content of this unit standard.