

Title	Adapt and demonstrate standard and advanced exercise techniques to meet exercise participant needs		
Level	5	Credits	5

Purpose	People credited with this standard are able to: adapt standard exercise techniques to meet exercise participant needs; and, demonstrate advanced resistance and plyometric training exercises.
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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 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).

Outcomes and performance criteria

Outcome 1

Adapt standard exercise techniques to meet exercise participant needs.

Range a trunk and legs exercise, a trunk exercise, an arm and shoulder exercise, an arm exercise, a back exercise.

Performance criteria

1.1 Describe methods of adapting standard exercises.

Range may include but is not limited to – body position, body orientation, limb position, limb orientation, grip used, range of movement, leverage to facilitate movement, unilateral.

- 1.2 Analyse the needs and limitations of an exercise participant to determine what exercise adaptations are required.

Range advantages of variant over standard exercise, advantage of variant over other possible variants, safety considerations of variant.

- 1.3 Demonstrate and instruct the adapted exercise techniques ensuring correct form.

Outcome 2

Demonstrate advanced resistance and plyometric training exercises.

Performance criteria

- 2.1 Explain the advantages and limitations of advanced resistance exercises for exercise participants.

- 2.2 Explain the advantages and limitations of plyometric training for exercise participants.

- 2.3 Demonstrate and instruct advanced resistance training exercises ensuring correct form.

Range three exercises

- 2.4 Demonstrate and instruct plyometric training exercises ensuring correct form.

Range three exercises

Replacement information	This unit standard replaced unit standard 7023.
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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
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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 if you wish to suggest changes to the content of this unit standard.