

Title	Demonstrate knowledge of pre-designed exercise programmes, exercise principles, components and adherence		
Level	3	Credits	10

Purpose	People credited with this unit standard are able to demonstrate knowledge of: pre-designed exercise programmes; the principles and components of exercise; and exercise adherence for exercise participants.
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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, as relevant to their role:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act 1993 and any subsequent amendments;
 - guidelines and codes of practice applicable to this standard include the Code of Ethical Practice endorsed by Exercise New Zealand; New Zealand Pre-Screening Guide, <http://www.reps.org.nz>;
 - organisational policies and procedures including Emergency Action Plans (EAPs) and Standard Operating Procedures (SOPs).
- 2 *ACC SportSmart* can be used as reference material for this unit standard. It is available from the Accident Compensation Corporation <http://www.accsportsmart.co.nz/>.
- 3 **Definitions**
Pre-designed exercise programme refers to instruction of a pre-determined personalised exercise programme.
Scope of practice refers to tasks and roles of an exercise professional, the area of practice they work in and the level defined by the exercise industry, available at <http://www.reps.org.nz/scope-of-practice/>.

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of pre-designed exercise programmes.

Performance criteria

- 1.1 Describe the objectives of the different phases of a pre-designed exercise programme.
- Range warm up, exercises, cool down, stretches.
- 1.2 Describe the different types of pre-design exercise programmes and the typical make up of each.
- Range weight loss, strength, endurance.
- 1.3 Describe how information is gathered and the factors to consider when selecting a pre-designed exercise programme for an exercise participant.
- Range: assessment/testing, goals.
- 1.4 Explain the scope of practice when instructing pre-designed exercise programmes, and for exercise modification for progression and regression.
- 1.5 Describe professional practice when instructing pre-designed exercise programmes in accordance with industry practice.
- Range code of ethics, client privacy.

Outcome 2

Demonstrate knowledge of the principles and components of exercise.

Performance criteria

- 2.1 Describe the principles of exercise and how they apply to pre-designed exercise programmes.
- Range: reversibility, specificity, overload, progressive overload, variety, rest, individualisation, maintenance, interference.
- 2.2 Describe the components of exercise and how they apply to pre-designed exercise programmes.
- Range: strength, speed, power, aerobic exercise, anaerobic exercise, muscular endurance, flexibility, agility.
- 2.3 Describe the FITT principle (frequency, intensity, time and type) and how it applies to pre-designed exercise programmes.

Outcome 3

Demonstrate knowledge of exercise adherence for exercise participants.

Performance criteria

3.1 Describe how personal and environmental factors can affect exercise adherence.

Range lifestyle factors, health and wellbeing factors, physical activity history.

3.2 Describe actions and strategies that can be used to promote exercise adherence.

Range may include but is not limited to – positive reinforcement, individualised feedback, tailoring activities to client preferences, encouraging rest and recovery, embracing new technologies.

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	25 January 2018	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 info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.