

Title	Demonstrate exercise and stretching techniques		
Level	3	Credits	5

Purpose	People credited with this unit standard are able to demonstrate: standard resistance exercises which target specific muscles and muscle groups; exercises which target cardiovascular fitness; and stretches which target specific muscles.
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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:
 - legislation including Health and Safety at Work Act 2015;
 - guidelines and codes of practice include the NZ Register of Exercise Professionals (REPs) Code of Ethical Practice. This is available from the REPs website 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

External resistance refers to exercises where resistance is additional to bodyweight. This could include the use of free weights, machines or bands.

Muscles refer to hamstrings, quadriceps, gluteals, adductors, hip flexors, calves, pectorals, trapezius, latissimus dorsi, deltoids, rhomboids, biceps, triceps, rectus abdominus, obliques.
- 4 Assessment

The candidate must be assessed demonstrating the exercises two times.

Outcomes and performance criteria

Outcome 1

Demonstrate standard resistance exercises which target specific muscles and muscle groups.

Performance criteria

- 1.1 Identify resistance training exercises to target specific muscles and muscle groups.
- 1.2 Demonstrate standard resistance exercises using external resistance ensuring correct form.
- 1.3 Demonstrate standard resistance exercises using bodyweight ensuring correct form.

Outcome 2

Demonstrate exercises which target cardiovascular fitness.

Range three different exercises.

Performance criteria

- 2.1 Identify exercises to target cardiovascular fitness.
- 2.2 Demonstrate standard cardiovascular exercises ensuring correct form.

Outcome 3

Demonstrate stretches which target specific muscles.

Performance criteria

- 3.1 Identify stretches to target specific muscles.
- 3.2 Demonstrate stretches ensuring correct form.

Replacement information	This unit standard replaced unit standard 7021.
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Planned review date	31 December 2029
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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	31 December 2026
Review	2	29 August 2024	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.