

<b>Title</b>	<b>Demonstrate exercise and stretching techniques</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	People credited with this unit standard are able to: demonstrate standard resistance exercises which target specific muscles and muscle groups; demonstrate exercises which target cardiovascular fitness; and stretches which target specific muscles and muscle groups.
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<b>Classification</b>	Exercise > Fitness Assessment and Exercise Instruction
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<b>Available grade</b>	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 and any subsequent amendments;
  - guidelines and codes of practice applicable to this standard include the Code of Ethical Practice endorsed by Exercise New Zealand;
  - 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 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. The schedule covers a wide range of exercises but is not an exhaustive list and it is not intended to exclude those exercises or variations not listed.

The Standard Exercise Schedule A can be found on the Skills Active Aotearoa website <http://www.skillsactive.org.nz/>.

- 4 **Definition**  
*External resistance* refers to exercises where resistance is additional to bodyweight. This could include the use of free weights, machines or bands.
- 5 **Assessment**  
The candidate must be assessed demonstrating the exercises three times.

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## Outcomes and performance criteria

### Outcome 1

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

Range hamstrings, quadriceps, gluteals, calves, pectorals, trapezius, latissimus dorsi, deltoids, rhomboids, biceps, triceps, rectus abdominus, internal and external obliques.

### 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 and muscle groups.

Range hamstrings, quadriceps, gluteals, calves, pectorals, trapezius, latissimus dorsi, deltoids, rhomboids, biceps, triceps, rectus abdominus, internal and external obliques.

### Performance criteria

- 3.1 Identify stretches to target specific muscles.
  - 3.2 Demonstrate stretches ensuring correct form.
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<b>Replacement information</b>	This unit standard replaced unit standard 7021.
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<b>Planned review date</b>	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

<b>Consent and Moderation Requirements (CMR) reference</b>	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](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.