

<b>Title</b>	<b>Select and instruct pre-designed exercise programmes</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>10</b>

<b>Purpose</b>	People credited with this unit standard are able to: select a pre-designed exercise programme to meet an exercise participant's needs; and instruct a pre-designed exercise programme.
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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, 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 Definition  
*Pre-designed exercise programme* refers to instruction of a pre-determined personalised exercise programme.
- 4 Assessment  
The candidate must be assessed instructing at least three pre-designed exercise programmes, targeting at least two of – weight loss, strength or endurance.
- 5 Recommended skills and knowledge: Unit standard 30932, *Demonstrate knowledge of pre-designed exercise programmes, exercise principles, components and adherence.*

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### Outcomes and performance criteria

#### Outcome 1

Select a pre-designed exercise programme to meet an exercise participant's needs.

**Performance criteria**

- 1.1 Discuss exercise participant's exercise goals and objectives.
- 1.2 Select a pre-designed programme to meet the exercise participant's needs.
- 1.3 Check pre-screening and/or testing results and identify any requirements for adaptations or monitoring.

**Outcome 2**

Instruct a pre-designed exercise programme.

**Performance criteria**

- 2.1 Explain the overview and purpose of the pre-designed exercise programme to the exercise participant.
- 2.2 Instruct a warm up suitable for the selected pre-designed exercise programme.
- 2.3 Demonstrate exercises ensuring correct form.  
  
Range physical demonstration, verbal instruction, safety instruction.
- 2.4 Instruct exercise participant on exercises, and explain techniques to allow them to work safely and independently.  
  
Range may include but is not limited to – technique correction, breathing technique, duration (reps, tempo), intensity (load, rest), volume (sets), recovery, body alignment, points of contact, target muscle group, desired adaptation(s), path of movement, safety features.
- 2.5 Monitor the exercise participant's performance of exercises and for any undesirable responses to exercise.  
  
Range undesirable responses may include but are not limited to - pale skin, excessive sweating, loss of co-ordination, slumped posture, shallow rapid breathing, dehydration, dizzy, palpitations, nauseous, impaired vision, feeling unwell.
- 2.6 Instruct a cool down and/or stretches suitable for the selected pre-designed exercise programme.
- 2.7 Communicate with exercise participant throughout the session to encourage and motivate.
- 2.8 Get feedback from the exercise participant and provide them the opportunity to seek extra information.

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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.