

Title	Develop and implement an exercise plan for personal physical fitness		
Level	3	Credits	5

Purpose	People credited with this unit standard are able to: develop a personal exercise plan; and, implement the personal exercise plan and measure progress in relation to goals.
----------------	---

Classification	Exercise > Fitness Assessment and Exercise Instruction
-----------------------	--

Available grade	Achieved
------------------------	----------

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;
 - industry codes and good practice guidelines;
 - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), and the use of personal protective equipment (PPE).
- 2 It is required that all candidates complete a basic health screen or questionnaire, such as the *Physical Activity Readiness Questionnaire (PAR-Q)*, during the assessment against this unit standard. If the screening results indicate the need, candidates should obtain a written medical clearance before beginning any physical activity.
- 3 This unit standard requires the candidate to develop and implement an exercise plan for the candidates own use. A personal exercise plan is a schedule of what days they plan to exercise and what types of exercises will be targeted on those days. For the purpose of assessment, the plan should be for a minimum of six weeks.

Outcomes and performance criteria

Outcome 1

Develop a personal exercise plan.

Performance criteria

- 1.1 Record personal health, activity history and any medical conditions using a basic screening tool.
- Range screening tool may include but is not limited to – PAR-Q.
- 1.2 Establish realistic and achievable goals that specify desired improvements in personal fitness levels.
- Range goals include improvements in or maintenance of – cardiovascular fitness, body composition, strength, flexibility, posture.
- 1.3 Identify health and wellness enablers and barriers and describe how they may affect the achievement of the goals.
- Range may include but is not limited to – stress, sleep, nutrition, exercise preferences, lifestyle.
- 1.4 Identify strategies to address common exercise pitfalls that may arise.
- Range injury, overtraining, health and wellness barriers, boredom.
- 1.5 Develop a personal exercise plan incorporating the principles of training, the planned goals and health history.
- Range principles of training include – specificity, progression, frequency, intensity, duration, regularity, reversibility, individuality, warm up and cool down.
- 1.6 Identify the resources required to meet the personal exercise plan.

Outcome 2

Implement the personal exercise plan and measure progress in relation to goals.

Performance criteria

- 2.1 Implement the personal exercise plan.
- 2.2 Monitor progress and adherence according to the plan and make adjustments as required.
- 2.3 Evaluate the ability of the plan to meet the goals and identify any improvements that could be made to the plan.

Planned review date	31 December 2022
----------------------------	------------------

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

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.