

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.
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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;
 - 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);
 - Te Whare Tapa Whā wellbeing model ([Te Whare Tapa Whā | Mental Health Foundation](#)).
- 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 maximum of two goals including improvements in or maintenance of cardiovascular fitness, body composition, strength, flexibility, posture, muscular endurance.

- 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 or any aspect of Hauora.

- 1.4 Identify strategies to address common exercise barriers that may arise.

- 1.5 Develop a personal exercise plan guided by the principles of training, the planned goals and health history.

- 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 effectiveness of the plan to meet the goals and identify any improvements that could be made to the plan.

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.