

Title	Demonstrate knowledge of the purpose and protocols of exercise testing		
Level	3	Credits	5

Purpose	People credited with this unit standard are able to: demonstrate knowledge of the purpose of exercise testing; demonstrate knowledge of consistency for exercise testing; and, describe the protocols of specific exercise tests.
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Classification	Exercise > Fitness Assessment and Exercise Instruction
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Available grade	Achieved
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Guidance Information

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).

Outcomes and performance criteria

Outcome 1

Demonstrate knowledge of the purpose of exercise testing.

Performance criteria

1.1 Describe how an exercise participant's needs can be met through the use of exercise testing.

Range may include but is not limited to – accountability, motivation, accurate feedback on progress against the exercise plan, detection of ineffective training modalities/variables, focusing of client on desirable training, justification of exercise progression in line with improvement of fitness variables, achievement of stated goals, safety, need for change in exercise type, intensity, duration, frequency or variety.

- 1.2 Describe the industry approved pre-screen in terms of its use in determining exercise participant's suitability for participating in exercise.

Outcome 2

Demonstrate knowledge of consistency for exercise testing.

Performance criteria

- 2.1 Describe the types of errors that can occur in exercise testing.

Range random error, standard error of measurement.

- 2.2 Describe methods to improve the consistency of testing for exercise participants.

Range testing must include but is not limited to – cardiovascular fitness, body composition, flexibility, strength; methods to improve consistency may include but are not limited to – equipment calibration and condition, adherence to testing protocol, pre-test conditions of participant, control of testing environment.

- 2.3 Describe the impact of poor consistency on exercise testing results on exercise participant's progression.

Range over reported improvements, under reported improvements.

- 2.4 Compare two tests for each exercise variable to determine suitability.

Range cardiovascular fitness, body composition, flexibility, strength; comparison includes but is not limited to – suitability for various client types, cost, accessibility, validity, reliability, specificity.

Outcome 3

Describe the protocols of specific exercise tests.

Range one test each for – cardiovascular fitness, body composition, flexibility, strength.

Performance criteria

- 3.1 Describe what the test is measuring and the data that it will produce.

- 3.2 Identify equipment requirements for specific exercise test and the checks required for that equipment.

- 3.3 Describe the specific exercise test protocol.

- 3.4 Describe contra indicators that would prevent the specific exercise test from being safely undertaken and/or results within the test that would require the testing to be stopped.

Planned review date	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

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 Skills Active Aotearoa info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.