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| <b>Title</b> | <b>Manage personal physical fitness with guidance</b> |                |          |
| <b>Level</b> | <b>1</b>  | <b>Credits</b> | <b>3</b> |

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| <b>Purpose</b> | <p>This unit standard is intended for people who wish to be physically active and manage their own general fitness levels with guidance. This may be for healthy living, or to meet job related or other physical activity requirements.</p> <p>People credited with this unit standard are able to, with guidance: assess personal levels of physical fitness using reliable techniques; select and prepare a personal exercise plan based on results of personal fitness assessment; and implement the personal exercise plan and measure progress in relation to goals.</p> |
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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 It is recommended that all candidates complete a basic health screen or questionnaire, such as the *Physical Activity Readiness Questionnaire (PAR-Q)*, prior to beginning training for assessment against this unit standard. If the screening results indicate the need, candidates should obtain a written medical clearance before beginning any physical activity.
- 2 Candidates may be provided with guidance and/or assistance when conducting fitness tests, and implementing a personal exercise plan, from qualified people such as physical education teachers, sports coaches, gym instructors and/or fitness trainers.
- 3 **Definitions**  
*Aerobic capacity or cardiovascular endurance* refers to the ability of an individual to keep performing physical movements involving the whole body for extended periods of time, where the primary source of energy production is aerobic respiration.  
*Flexibility* refers to the range of motion around a joint.  
*Muscular strength* refers to the maximum force an individual is able to exert on or against a given resistance.  
*Muscular endurance* refers to the ability of the muscles, or a group of muscles, to keep working against a resistance.
- 4 *Using reliable techniques* involves correctly following standard fitness testing protocols to ensure the fitness tests can be reproduced in exactly the same way and under the exactly the same conditions.

- 5 The general principles of training are specificity, progression, frequency, intensity, duration, regularity, reversibility, individuality, warm up and cool down.
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## **Outcomes and performance criteria**

### **Outcome 1**

Assess personal levels of physical fitness using reliable techniques.

#### **Performance criteria**

- 1.1 Record health and activity history, including any medical conditions prior to testing using a basic screening tool.
- Range screening tools may include but are not limited to – PAR-Q.
- 1.2 Review screening results and obtain written medical clearance if required.
- 1.3 Select relevant fitness assessment methods to measure health related aspects of fitness.
- Range minimum of two health related aspects of fitness must be assessed chosen from – aerobic capacity, flexibility, muscular strength, muscular endurance.
- 1.4 Implement fitness testing and record results using reliable techniques.
- 1.5 Assess levels of fitness in relation to fitness testing results.

### **Outcome 2**

Select and prepare a personal exercise plan based on results of personal fitness assessment.

#### **Performance criteria**

- 2.1 Select and prepare a plan that includes realistic and achievable goals that specify desired improvements in personal fitness levels.
- 2.2 Select activities that follow the general principles of training, relevant to the planned goals.

### **Outcome 3**

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

#### **Performance criteria**

- 3.1 Implement a personal exercise programme according to the plan.

3.2 Monitor progress according to the plan and make adjustments as required.

Range adjustments may be result of – lack of progress in relation to goals, overtraining, boredom, illness or injury.

3.3 Reassess personal levels of physical fitness using reliable testing techniques.

3.4 Identify the degree of achievement of goals based on reassessment of fitness levels.

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| <b>Planned review date</b> | 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       | 21 June 1993     | 31 December 2026         |
| Review       | 3       | 21 June 1993     | 31 December 2026         |
| Revision     | 4       | 17 March 2000    | 31 December 2026         |
| Review       | 5       | 17 December 2001 | 31 December 2026         |
| Review       | 6       | 20 April 2006    | 31 December 2026         |
| Review       | 7       | 29 August 2024   | N/A                      |

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| <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 Toi Mai Workforce Development Council [qualifications@toimai.nz](mailto:qualifications@toimai.nz) if you wish to suggest changes to the content of this unit standard.