

Sample 1

Number **Design, deliver, and adapt exercise programmes for adults with low to moderate health risks**

Kaupae Level	4
Whiwhinga Credit	15
Whāinga Purpose	<p>This skill standard is for people who want to learn to design and deliver exercise programmes for adults with low to moderate health risks.</p> <p>It is for group exercise instructors, gym instructors and personal trainers.</p> <p>This skill standard aligns with the New Zealand Certificate in Exercise (Level 4) [Ref: 3563].</p>
Whakaakoranga me mātua oti Pre-requisites	12345 <i>Describe human anatomy and explain the physiology of body systems and health risk factors</i>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Design exercise programmes for adults with low to moderate health risks.	<ul style="list-style-type: none">a. Communicate to build trust and rapport to understand, review, and update participant goals.b. Carry out the approved exercise industry pre-screen to determine health status and risks.c. Design an exercise programme to meet participant goals.
2. Deliver exercise programmes for adults with low to moderate health risks.	<ul style="list-style-type: none">a. Demonstrate and monitor correct technique for the exercise programmes.b. Seek feedback from participants on the achievement of goals.

3. Monitor and adapt exercise programmes to meet participant goals.	<p>a. Gather and analyse relevant data to measure the participants' progress against goals.</p> <p>b. Adapt the exercise programmes to reflect participants' progress and goals.</p>
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Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

Assessment specifications

Learners need to apply the skills outlined in the assessment criteria to four different exercise participants – two with a pre-screen outcome of low risk and two with a pre-screen outcome of moderate risk.

Learners must use an approved exercise industry pre-screen. This is accessible from the New Zealand Register of Exercise Professionals (REPs) www.reps.org.nz.

Guidelines and codes of practice applicable to this standard include Code of Ethical Practice endorsed by Exercise New Zealand.

Ngā momo whiwhinga | Grades available

Achieved.

Ihirangi waitohu | Indicative content

- Preparation, warm-up, and cool down in relation to different types of training – including psychological, physiological, environmental aspects.
- Stretching – including static, dynamic, proprioceptive neuromuscular facilitation (PNF).
- Training – including, strength, power, hypertrophy and endurance, flexibility, agility, speed, aerobic, and anaerobic.
- Communication techniques to establish trust and rapport, and to support, encourage and motivate participants.
- Awareness and respect for diverse needs and cultures in an exercise setting.
- Pre-screening interviews and fitness testing.
- Evaluation of a participant's information and using it to design an appropriate exercise programme – including goals, preferences, current fitness level, injury profile, exercise risk factors, warm up and cool down requirements, expected barriers.

Rauemi | Resources

Exercise Schedule A is a guidance document that ... and is available at

Other resources, including up-to-date guidance for providers on delivery and assessment is available at ...

Pārongo Whakaū Kounga | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Toi Mai Workforce Development Council
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Community and Social Services > Exercise > Fitness Assessment and Exercise Instruction
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	99

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	dd mm yyyy	dd mm yyyy
Arotakenga Review	2	dd mm yyyy	dd mm yyyy
Kōrero whakakapinga Replacement information	xxxx		
Rā arotake Planned review date	dd mm yyyy		

Please contact Toi Mai WDC at <email address> if you wish to suggest changes to the content of this skill standard.