

Title	Explain the impacts of health and wellness factors on exercise participants and programme design		
Level	5	Credits	7

Purpose	People credited with this standard are able to explain the impacts of health risk factors, lifestyle and wellbeing factors on exercise participants and programme design.
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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, as relevant to their role:
 - relevant legislation including Health and Safety at Work Act 2015, Privacy Act ~~1993~~2020, Consumer Guarantees Act 1993, Accident Compensation Act 2001, and any subsequent amendments;
 - guidelines and codes of practice applicable to this standard include Code of Ethical Practice endorsed by Exercise New Zealand, and the New Zealand Pre-Screening Guide, November 2014 available from Register of Exercise Professionals website <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

Explain the impacts of health risk factors on exercise participants and programme design.

Performance criteria

- 1.1 Describe contra-indicators relating to health risk factors and describe the action required for exercise participants.
- 1.2 Describe acute physiological responses to health risk factors.
- 1.3 Describe chronic physiological adaptations to health risk factors.
- 1.4 Explain how health risk factors can be affected by exercise.

Range may include but is not limited to – improvement expectations, timeframes for improvements.

- 1.5 Explain the impacts on programme design when working with exercise participants with health risk factors.
- 1.6 Explain the impacts on programme design when working with exercise participants with co-existing health risk factors.
- 1.7 Identify common medications relating to health risk factors and describe the precautions and/or adaptations that may be required to an exercise programme.

Outcome 2

Explain the impacts of lifestyle and wellbeing factors on exercise participants and programme design.

Performance criteria

- 2.1 Explain how lifestyle and wellbeing factors can be influenced by exercise.
- Range may include but is not limited to – improvement expectations, timeframes for improvements; mental health, diet.
- 2.2 Explain the relationship between lifestyle, wellbeing and health risk factors.
- 2.3 Explain the impacts on programme design when working with an exercise participants with lifestyle and wellbeing factors.
- 2.4 Identify common medications relating to lifestyle and wellbeing factors and describe the precautions and/or adaptations that may be required in an exercise programme.

Planned review date	31 December 2022 <u>to be updated</u>
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	23 November 2017	N/A
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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 WDC qualifications@toimai.nz if you wish to suggest changes to the content of this unit standard.