

Title	Adapt and demonstrate standard and advanced exercise techniques to meet exercise participant needs		
Level	5	Credits	5

Purpose	People credited with this standard are able to: adapt standard exercise techniques to meet exercise participant needs; and, demonstrate advanced resistance and plyometric training exercises.
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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 [1993/2020](#), 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).
- Standard Exercise Schedule A can be used as reference material for this unit standard. The Standard Exercise Schedule A has been developed as a guidance document that contains a desirable entry-level exercise vocabulary for work in the New Zealand fitness industry.

Standard Exercise Schedule B is to be used as reference material for this unit standard. The Standard Exercise Schedule B has been developed as a guidance document that contains a desirable exercise vocabulary to supplement Standard Exercise Schedule A in order to support advanced exercise instruction work in the New Zealand fitness industry.

The Standard Exercise Schedules A and B are not exhaustive lists and are not intended to exclude those exercises or variations not listed. The Standard Exercise Schedules A and B can be found on the ~~Skills Active Aotearoa website~~ www.skillsactive.org.nz-update

Outcomes and performance criteria

Outcome 1

Adapt standard exercise techniques to meet exercise participant needs.

Range a trunk and legs exercise, a trunk exercise, an arm and shoulder exercise, an arm exercise, a back exercise.

Performance criteria

1.1 Describe methods of adapting standard exercises.

Range adaptations may relate to – body position, body orientation, limb position, limb orientation, grip used, range of movement, leverage to facilitate movement, unilateral.

1.2 Analyse the needs and limitations of an exercise participant to determine what exercise adaptations are required.

Range advantages of variant over standard exercise, advantage of variant over other possible variants, safety considerations of variant.

1.3 Demonstrate and instruct the adapted exercise techniques ensuring correct form.

Outcome 2

Demonstrate advanced resistance and plyometric training exercises.

Performance criteria

2.1 Explain the advantages and limitations of advanced resistance exercises for exercise participants.

2.2 Explain the advantages and limitations of plyometric training for exercise participants.

2.3 Demonstrate and instruct advanced resistance training exercises ensuring correct form.

Range three exercises, at least two of which come from Schedule B, Section One.

2.4 Demonstrate and instruct plyometric training exercises ensuring correct form.

Range three exercises, at least two of which come from Schedule B, Section Two.

Replacement information	This unit standard replaced unit standard 7023.
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Planned review date	31 December 2022 <u>update</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.