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**EXERCISE PRESCRIPTION**  
**Demonstrate correct technique when**  
**using basic gym equipment**

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<b>level:</b>	2
<b>credit:</b>	2
<b>planned review date:</b>	August 2007
<b>sub-field:</b>	Fitness
<b>purpose:</b>	People who have successfully completed this unit are able to: ensure gym equipment can be demonstrated safely; and demonstrate the exercise on or in the gym equipment safely.
<b>entry information:</b>	Open.
<b>accreditation option:</b>	Evaluation of documentation by NZQA and industry.
<b>moderation option:</b>	A centrally established and directed national moderation system has been set up by the Sport, Fitness and Recreation Industry Training Organisation – Fitness Advisory Group.
<b>special notes:</b>	<ol style="list-style-type: none"><li>1 Any person undertaking this unit standard must identify and explain their ability or inability to complete the movements required prior to assessment. Where a person deems themselves unable to complete any of the required movements they should choose an alternative exercise for demonstration that allows them to prove competency. Where no other suitable exercise can be found the person may demonstrate the movement without load and out of the resistance training machine provided they can fully identify the relevant positioning of the body and movement range required if the movement was to be completed in the resistance training machine.</li><li>2 When demonstrating exercises on basic gym equipment it is expected that the body has been warmed up to a state where a light sweat has been achieved. As a guide this would usually take at least five minutes of continuous aerobic exercise at a moderate intensity using movements related to those about to be demonstrated.</li></ol>

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- 3 When demonstrating exercise on basic gym equipment it is expected that clothing and hair should be worn such that safety on the equipment is optimised.
- 4 Competency in this unit standard alone is not sufficient for individuals to instruct others in the use of basic gym equipment.
- 5 *Basic gym equipment* refers to free weights (bars, dumb-bells, plates), machine weights, stability balls, and any other gym equipment typically used in the industry for creating resistance.
- 6 The *positive phase* of a movement refers to the time from when the load is engaged and concentric contraction of the prime mover occurs through until the negative phase begins. The *negative phase* of a movement refers to the time from when the load is engaged and eccentric contraction of the prime mover occurs through until the positive phase begins.

## **Elements and Performance Criteria**

### **element 1**

Ensure gym equipment can be demonstrated safely.

### **performance criteria**

- 1.1 The physical state of the demonstrator is established as being adequate for the safe demonstration of the resistance exercise.  
  
Range: must include but is not limited to – injury status, clothing, physical size, excessive sweat around points of contact, health risk factors.
- 1.2 The inspection of the gym equipment ensures it is safe for use.  
  
Range: may include but is not limited to – cables, pins, fastenings, lubrication, vinyl, correct assembly, structural integrity.

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1.3 The preparation of the gym equipment and surrounding area ensures safety.

Range: surrounding area preparation may include but is not limited to – location of machine, path of movement, other objects, other people and structural fixtures (walls, windows etc); gym equipment preparation may include but is not limited to – initial load, adjustment of equipment to fit demonstrator, use of safety devices.

**element 2**

Demonstrate the exercise on or in the gym equipment safely.

Range: must include one exercise using a piece of gym equipment that targets each of the following muscle groups – hamstrings, quadriceps, gluteals, calves, pectorals, latissimus dorsi, deltoids, rhomboids, trapezius, biceps, triceps, rectus abdominus, internal obliques, external obliques.

**performance criteria**

2.1 The correct starting position on or in the piece of gym equipment is adopted.

Range: joint angles, points of contact, position of body parts, alignment of body parts.

2.2 The positive and negative phases of the movement are completed using the piece of gym equipment.

Range: must include but is not limited to – start position, end position, count or tempo, position and alignment of body parts, breathing technique.

2.3 The piece of gym equipment is exited safely.

2.4 The piece of gym equipment is returned to a safe and convenient condition for other users.

Range: may include but is not limited to – location, load, cleanliness.

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**Comments on this unit standard**

Please contact the Sport, Fitness and Recreation Industry Training Organisation [info@sfrito.org.nz](mailto:info@sfrito.org.nz) if you wish to suggest changes to the content of this unit standard.

**Please Note**

Providers must be accredited by the Qualifications Authority or a delegated inter-institutional body before they can register credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be accredited by the Qualifications Authority before they can register credits from assessment against unit standards.

Accredited providers and Industry Training Organisations assessing against unit standards must engage with the moderation system that applies to those standards.

Accreditation requirements and an outline of the moderation system that applies to this standard are outlined in the Accreditation and Moderation Action Plan (AMAP). The AMAP also includes useful information about special requirements for providers wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

This unit standard is covered by AMAP 0069 which can be accessed at <http://www.nzqa.govt.nz/site/framework/search.html>.