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**EXERCISE PRESCRIPTION**  
**Demonstrate, instruct, and monitor safe**  
**and correct use of cardiovascular**  
**exercise equipment**

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<b>level:</b>	<b>2</b>
<b>credit:</b>	<b>3</b>
<b>planned review date:</b>	August 2007
<b>sub-field:</b>	Fitness
<b>purpose:</b>	People credited with this unit standard are able to: ensure cardiovascular exercise equipment can be demonstrated safely; demonstrate the correct use of cardiovascular exercise equipment; and instruct, monitor and ensure, the safe and correct use of cardiovascular exercise equipment.
<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 It is expected that people completing this unit will be suitably clothed and groomed for taking part in exercise.</li><li>2 It is expected that people completing this unit will be physically capable of completing at least 10 minutes of moderate intensity aerobic exercise.</li></ol>

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**Elements and Performance Criteria**

**element 1**

Ensure cardiovascular exercise equipment can be demonstrated safely.

Range: must include at least three of the following – cross trainer, step machine, cycle, treadmill, reclining cycle, rowing machine.

**performance criteria**

1.1 Inspection of the cardiovascular exercise equipment ensures it is safe for use.

Range: condition, location.

1.2 The cardiovascular exercise equipment and surrounding area are prepared for safe use.

Range: surrounding area must include but is not limited to – proximity to other objects, other people, other structural fixtures (doors, walls, windows etc);  
preparation of exercise equipment may include but is not limited to – safety devices, adjustment of machine to fit demonstrator.

**element 2**

Demonstrate the correct use of cardiovascular exercise equipment.

Range: must include at least three of – cross trainer, step machine, cycle, treadmill, reclining cycle, rowing machine.

**performance criteria**

2.1 The correct starting position is adopted.

Range: may include but is not limited to – position of body parts, angle and alignment of body parts, use of safety devices.

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- 2.2 Available safety devices are correctly demonstrated.
- Range: may include but is not limited to – stop/emergency stop devices, pausing the machine, exiting the machine in emergencies, emergency stop devices.
- 2.3 Initial exercise intensity selected is appropriate for warming up.
- 2.4 Correct entry and exit of cardiovascular exercise equipment is explained and demonstrated.
- 2.5 Methods for adjusting the cardiovascular exercise machine are explained and demonstrated.
- Range: must include but is not limited to – intensity, duration, programming options.

**element 3**

Instruct the safe and correct use of cardiovascular exercise equipment.

**performance criteria**

- 3.1 The participant's physical state is confirmed as being adequate to use the cardiovascular exercise equipment.
- Range: must include but is not limited to – injury status, clothing, weight, health risk (lifestyle) factors.
- 3.2 The benefits of cardiovascular exercise are explained to the exercise participant.
- Range: must include but are not limited to – improved cardiovascular fitness, improved performance of related tasks (daily tasks or tasks directly related to the mode of exercise), lowering of BP, reduction of stress, use of calories, improved cardiac function.

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3.3 Safe preparation for, and safe completion of cardiovascular exercise is explained to the exercise participant.

Range: must include but is not limited to – safe entry and exit of the equipment, safe exercise posture, warm up, cool down, when to stop, how to stop, use of emergency stop, use of safety devices, use of exercise programmes, how to increase/decrease intensity and duration, location of equipment, condition of equipment, other objects, other people, clothing, footwear, where to get help.

3.4 Instruction provided enables the exercise participant to achieve the desired performance.

**element 4**

Monitor and ensure the safe and correct use of cardiovascular exercise equipment.

**performance criteria**

4.1 Exercise participants using cardiovascular exercise equipment unsafely or incorrectly are identified, approached, and questioned.

Range: on at least three occasions.

4.2 Further instruction is provided to enable the exercise participant to achieve the performance change required.

Range: on at least three occasions.

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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>.