
EXERCISE PRESCRIPTION
Demonstrate exercise techniques

level:	3
credit:	8
planned review date:	December 2002
sub-field:	Fitness
purpose:	People credited with this unit standard are able to identify muscle groups and systems targeted by standard exercises, and demonstrate correct form in all standard resistance training and free standing exercises. This unit standard is designed for people who will, under general supervision, demonstrate exercise techniques and assist clients and client groups in fitness activity.
entry information:	Open.
accreditation option:	Evaluation of documentation by NZQA and industry.
moderation option:	A centrally established and directed national moderation system has been set up by the Sport, Fitness and Recreation Industry Training Organisation - Fitness Advisory Group.

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special notes:

- 1 This unit standard requires the use of *Standard Exercise Schedule A* (Schedule A) which is intended to reflect a desirable entry-level exercise vocabulary for work in the New Zealand fitness industry. The Schedule contains sections on resistance training exercises using bodyweight, resistance training exercises using free weights, resistance training exercises using exercise machines, free standing exercises, and stretches.

The latest edition of Schedule A is available from the Sport, Fitness and Recreation Industry Training Organisation (Sfrito), PO Box 2183, Wellington; Phone 04 385 9047, Fax 04 385 7024, (Revised 2001).

- 2 Where assessment can be carried out using a combination of written and verbal assessments as in identifying a relationship, the sample should be of at least ten (10) items. Where assessment requires a physical demonstration as in demonstrating correct form in an exercise, the sample should be a minimum of five (5) items.
- 3 Fitness sector unit standards use the term *facility* to refer to the workplace which may be a fitness centre, a recreation centre, an aquatic centre, or a community centre where fitness activities take place. Where usage is unclear it may help to consider *facility standards* as being equivalent to *employer standards*.

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- 4 *Correct form* in the execution of exercises is form that uses biomechanically sound body alignment, and the fullest range of movement consistent with safety for all joints involved, and that uses as prime movers those muscles and muscle groups for which the exercise is designed. In some cases the main feature of correct form will be the isolation of effort into a single muscle group. In others, the main feature of correct form will be co-ordinated sequential employment of several muscle groups.
- 5 *Resistance training* is generally defined as training under conditions where loading or resistance, additional to that found in the freestanding movement, is applied to the muscles performing the movement. Methods include weights - held or attached by harness, purpose designed machines, changes of body alignment and means of support, springs, bands, and fluid resistance.
- 6 *Safety in resistance training* refers to both the safety of the client and the instructor/trainer, in the exercise setting. The candidate must be aware of safe exercise practices, such as ensuring collars are tight on barbells, resistance equipment is in correct working order, and that safe lifting techniques are applied. The interpretation of the demonstration of correct and safe exercise technique is from picking up to putting down of equipment, when working with equipment in the exercise setting.

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- 8 The demonstration of correct form *on Cardiovascular Equipment* refers to standard cardiovascular equipment found in the facility such as: Rowing Machines, Stationary Bikes, Stepping Machines, Treadmills or other similar machines deemed suitable for cardiovascular exercise.
- 9 Demonstration of correct form using *other means of support* refer to training apparatus such as Swissballs (SB) Orthopaedic Balls (OB); Resistance Bands (RB); Medicine Balls (MB).

Elements and Performance Criteria

element 1

Identify muscle groups and systems targeted by standard exercises.

Range: muscle groups - Schedule A Section Four;
standard exercises - Schedule A Sections One and Two.

performance criteria

- 1.1 Muscle groups targeted by standard resistance training exercises are identified in terms of Schedule A.

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- 1.2 Muscle groups and systems targeted by standard freestanding exercises are identified in terms of Schedule A.

element 2

Demonstrate correct form in all standard resistance training and free standing exercises.

Range: Schedule A.

performance criteria

- 2.1 Correct form in standard exercises using free weights is demonstrated in terms of Schedule A.
- 2.2 Correct form in standard exercises using machines to supply resistance.
- 2.3 Correct form in standard resistance exercises is demonstrated using bodyweight.
- 2.4 Correct form in standard resistance exercises is demonstrated using elastic resistance or other means of support.
- 2.5 Correct form in standard free standing exercises is demonstrated in terms of Schedule A, Section Two.
- 2.6 Correct form in stretching exercises is demonstrated in terms of Schedule A, Section Three.
- 2.7 Correct form on cardiovascular equipment is demonstrated.

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Comments to:

Sport, Fitness and Recreation Industry Training Organisation
- Fitness Advisory Group
Unit Standard Revision
PO Box 160
WELLINGTON

by December 2002.

Please Note: Providers must be accredited by the Qualifications Authority before they can offer programmes of education and training assessed against unit standards.

Accredited providers assessing against unit standards must engage with the moderation system that applies to those unit standards. [Please refer to relevant Plan ref: 0069]