

Sfrito Assessment Guideline

Unit 7021

Level 3: Credit 8: Version 3

Exercise Prescription

Demonstrate exercise techniques

Activity instructions: Candidates can be assessed either by:

1. Oral assessment and/ or
2. Written assessment

Purpose statement: 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.

Special notes:

1. This unit standard requires the use of Standard Exercise Schedule A (The Schedule), sections 1-4, 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.
2. Standard Exercise Schedule A is available from the Sport, Fitness, and Recreation Industry Training Organisation (SFRITO) at PO Box 2183, Wellington; Phone 04 385 9047, Fax 04 385 7024.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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, e.g. 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.

Element 1: Identify muscle groups and actions targeted by standard exercises.

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

Task: Oral or Written

Performance criteria		Evidence
1.1	Muscle groups targeted by standard resistance training exercises are identified in terms of Schedule A.	<ul style="list-style-type: none"> • Muscle groups are identified e.g. Quadriceps • Spelling • Of muscle groups are correct • Correct terminology – anatomy & exercise names 10 examples of knowledge identified
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.

Task: 2.1, 2.2 Correct form including:

- a. A minimum of five exercises demonstrated
- b. Biomechanically sound body alignment (as per ACC guidelines for Back Core). Evidence of fluidity, coordination and confidence
- c. Full range of movement
- d. Isolation of muscle group

2.3 Breathing technique

Competency of usage evident

Safety (desirable):

- Checking equipment (e.g. DB's securely tightened)
- Environment (e.g. safety placed on back)

Appropriate weight/equipment

Performance criteria		Evidence
2.1	Correct form in standard exercises using free weights is demonstrated in terms of Schedule A.	<ul style="list-style-type: none"> • Whole technique from picking up to putting down
2.2	Correct form in standard exercises using machines to supply resistance.	<ul style="list-style-type: none"> • Adjusting machine
2.3	Correct form in standard resistance exercises is demonstrated using bodyweight.	<ul style="list-style-type: none"> • Knowledge of progression e.g. press-ups
2.4	Correct form in standard resistance exercises is demonstrated using elastic resistance or other means of support.	<ul style="list-style-type: none"> • Knowledge of progression
2.5	Correct form in standard free standing exercises is demonstrated in terms of Schedule A, Section Two.	<ul style="list-style-type: none"> • Evidence of co-ordination, fluidity and confidence
2.6	Correct form in stretching exercises is demonstrated in terms of Schedule A, Section Three.	<ul style="list-style-type: none"> • Time of stretching – 15 seconds minimum • Minimum of static stretch • Stretch must match muscle group
2.7	Correct form on cardiovascular equipment is demonstrated using free weights.	

Unit 7021v3 Checklist

Demonstrate exercise techniques

Assessor name: _____

Organisation name: _____

Element 1: Identify muscle groups and actions targeted by standard exercises.

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

1.1	Muscle groups targeted by standard resistance training exercises are identified.	
	a) Exercise Schedule A	
	b) Section One	
1.2	Muscle groups and systems targeted by standard freestanding exercises are identified.	
	a) Exercise Schedule A	
	b) Section Two	

Element 2: Demonstrate correct form in all standard resistance training and free standing exercises.

Range: Schedule A.

2.1	Correct form in standard exercises using free weights is demonstrated.	
	a) Exercise Schedule A	
	b) Section One	
2.2	Correct form in standard exercises using machines to supply resistance is demonstrated.	
	a) Exercise Schedule A	
	b) Section One	
2.3	Correct form in standard resistance exercises using bodyweight is demonstrated.	
	a) Exercise Schedule A	
	b) Section One	
2.4	Correct form in standard resistance exercises using elastic resistance is demonstrated.	
	a) Exercise Schedule A	
	b) Section One	
2.5	Correct form in standard free standing exercises is demonstrated.	
	a) Exercise Schedule A	
	b) Section Two	
2.6	Correct form in stretching exercises is demonstrated.	
	a) Exercise Schedule A	
	b) Section Three	
2.7	Correct form on cardiovascular equipment is demonstrated using free weights.	

DATE	CANDIDATES SIGNATURE	ASSESSORS SIGNATURE	C/NYC
<p>Comments:</p>			

Note: the assessor needs to ensure **sufficiency** of performance and knowledge. Therefore the assessor needs to know that the Candidate has performed the tasks competently many times before and will be competent in the future. Ticking/ dating the boxes more than once, having 2 checklists for different assessment occasions or observing workplace performance over a period of time can show this.