

National Diploma in Fitness (Applied) (Level 5)

The qualification will be awarded to people credited with all the compulsory unit standards and who have met the elective requirements.

Compulsory			
Unit No	Title	Level	Credit
18763	Describe the process of community development as a participant	2	3
7016	Monitor and promote client security, comfort, enjoyment, and learning in fitness and/or recreation	3	3
21792	Demonstrate knowledge of health risk factors and disease, and monitor exercise stress	2	4
7038	Explain the purpose and structure of a fitness enterprise	3	4
6571	Demonstrate relevance of principles of nutrition to health	2	2
6401	Provide first aid	2	1
6402	Provide resuscitation level 2	1	1
497	Protect health and safety in the workplace	1	1
1304	Communicate with people from other cultures	2	2
11097	Listen to gain information in an interactive situation	3	3
57	Provide customer service in given situations	2	2
376	Employ customer service techniques for differing customer behaviours in a given situation	3	2
11818	Enhance work practices by the application of product and/or service knowledge	3	4
Total			32 Credits
Elective			
The requirements of all the sets must be met.			
Elective A			
A minimum of 50 credits at level 3 or below is required from the following subfield			
Field	Subfield	Domain	
Community and Social Services	Fitness	Any	
Elective B			
A minimum of 24 credits at level 4 is required from the following subfield			
Field	Subfield	Domain	
Community and Social Services	Fitness	Any	
Elective C			
A minimum of 60 credits at level 5 or above is required from the following subfield			
Field	Subfield	Domain	
Community and Social Services	Fitness	Any	
Elective D			
A minimum of 20 credits at level 5 or above is required from the following subfields or domains			
Field	Subfield	Domain	
Business	Marketing	Direct Marketing	
		Generic Marketing	
		Sales Organisation and Management	
Community and Social Services	Community Recreation	Any	
	Fitness	Any	
	Outdoor Recreation	Any	
	Sport	Any	
Computing and Information Technology	Computing	Computer Operations	
Health	Natural and Traditional Health and Healing	Massage	
Humanities	Communication Skills	Interpersonal Communications	
		Writing	
Total		186 Credits	

Note:

- The unit standards listed are correct at the time of printing but are reviewed regularly. All current unit standards can be accessed on the New Zealand Qualifications Authority website: www.nzqa.govt.nz.