

# National Fitness Qualifications



## Foundation Skills (Level 2)

Module	Unit No	Title	Level	Credit
Health and Safety	6401	Provide first aid	2	1
	6402	Provide resuscitation level 2	1	1
	497	Protect health and safety in the workplace	1	1
	7016	Monitor and promote client security, comfort, enjoyment and learning in fitness and/or recreation	3	3
	21792	Demonstrate knowledge of health risk factors, disease, and monitor exercise stress	2	4
Professional Development	18763	Describe the process of community development as a participant	2	3
	56	Attend to customer enquiries face-to-face and on the telephone	1	2
	57	Provide customer service in given situations	2	2
	62	Maintain personal presentation in the workplace	2	2
	376	Employ customer service techniques for differing customer behaviours in a given situation	3	2
	1304	Communicate with people from other cultures	2	2
	7038	Explain the purpose, structure and operations of a fitness enterprise	3	4
Exercise Technique	11097	Listen to gain information in an interactive situation	3	3
	11818	Enhance work practices by the application of product and/or service knowledge	3	4
	21791	Relate human anatomy and movement to basic gym exercises	2	4
	21793	Demonstrate correct technique when using basic gym equipment	2	2
Per. Dev.	21794	Demonstrate, instruct and monitor static stretching	2	3
	21795	Demonstrate, instruct and monitor correct use of cardiovascular equipment	2	3
	505	Manage personal physical fitness	1	3
	6571	Demonstrate relevance of principles of nutrition to health	2	2

## Exercise Consultant (Level 3)

Pre-requisite: Foundation Skills (Level 2)

Module	Unit No	Title	Level	Credit
Exercise Testing and Programming	7036	Assess individual fitness for activity	3	6
	22258	Assess individual exercise readiness, preferences, barriers and goals	4	3
	22261	Demonstrate knowledge of the purpose, pitfalls and use of testing and assessment	3	4
	22259	Design and implement an exercise programme in accordance with the client's goals and objectives	3	6
	22263	Review and adapt an exercise programme to optimise client results in line with client goals, motivation and experiences	4	6
	22265	Demonstrate knowledge of exercise prescription	3	7
	22264	Instruct and monitor resistance training	3	4
Exercise Adherence and Physiology	22880	Tour a potential member through a fitness enterprise and gain commitment to act	3	4
	22260	Demonstrate knowledge of human behaviour and exercise adherence	3	4
	22262	Monitor client exercise adherence and apply motivational techniques to enhance client commitment	4	4
	22266	Demonstrate knowledge of exercise physiology	3	10

## Personal Training Business Skills (Level 4)

Pre-requisite: Exercise Consultant (Level 3)

Module	Unit No	Title	Level	Credit
Business Development	22829	Demonstrate knowledge of the business of personal training	4	12
	22830	Assess personal training opportunities	4	11
	22831	Set up a personal training business	4	12
	22832	Operate a personal training business	4	15

## Group Fitness Instruction (Level 3)

Module	Unit No	Title	Level	Credit	
Health and Safety	6401	Provide first aid	2	1	
	6402	Provide resuscitation level 2	1	1	
	497	Protect health and safety in the workplace	1	1	
	7016	Monitor and promote client security, comfort, enjoyment and learning in fitness and/or recreation	3	3	
	21792	Demonstrate knowledge of health risk factors, disease, and monitor exercise stress	2	4	
Professional Development	18763	Describe the process of community development as a participant	2	3	
	57	Provide customer service in given situations	2	2	
	7038	Explain the purpose, structure and operations of a fitness enterprise	3	4	
	11818	Enhance work practices by the application of product and/or service knowledge	3	4	
Exercise Technique	22772	Demonstrate knowledge of exercise, motivation, and the structure of group exercise classes	3	12	
	<b>ELECTIVE A</b>				
	A minimum of 10 credits is required from this highlighted area				
	22773	Plan and teach a STEP class	3	12	
	22774	Plan and teach a SPIN class	3	12	
	22775	Plan and teach a PUMP class	3	12	
	22776	Plan and teach a KICK N BOX class	3	12	
	22777	Plan and teach a CIRCUIT class	3	12	
	22778	Plan and teach a CHEST DEEP AQUA FITNESS class	3	15	
	22779	Plan and teach a DEEP WATER AQUA FITNESS CLASS	3	15	
22780	Plan and teach a HIGH or LOW class	3	12		
Personal Development	<b>ELECTIVE B</b>				
	Unit standard/s required to complete this elective are selected from anywhere in the fitness domain. A minimum of 5 credits at Level 3 or above is required				
	Please seek assistance from your Skills Active Training Advisor when selecting unit standards				
505	Manage personal physical fitness	1	3		
6571	Demonstrate relevance of principles of nutrition to health	2	2		

## National Diploma in Fitness (Level 5)

### Compulsory Unit Standards

Compulsory section is completed when completing Foundation Skills (Level 2)

57	376	497	1304	6401	6402	6571	7016	7038	11097	11818	18763	21792
----	-----	-----	------	------	------	------	------	------	-------	-------	-------	-------

### Elective Section

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 fitness 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 any of 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