

National Certificate Fitness

Exercise Consultant (Level 3)					
Module	Resource (Code)	Unit No	Title	Level	Credit
TESTING AND PROGRAMMING	Exercise Testing (EX TEST) 15 REPs CECs	7036	Assess individual fitness for activity	4	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
	Exercise Programming (EX PROG) 20 REPs CECs	22259	Design and implement an exercise programme in accordance with the client's goals and objectives.	4	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
	Resistance Training (RESIST) 5 REPs CECs	22264	Instruct and monitor resistance training	3	4
ADHERENCE AND PHYSIOLOGY	Fitness Facility Tour (TOUR) 5 REPs CECs	22880	Tour a potential member through a fitness facility and gain commitment to act.	3	4
	Exercise Adherence (EX AD) 10 REPs CECs	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
	Exercise Physiology (EX PHYS) 10 REPs CECs	22266	Demonstrate knowledge of exercise physiology and human anatomy	3	10

Prerequisite: National Certificate in Fitness (Foundation Skills) (Level 2) or equivalent knowledge and skills.