

NZ CERTIFICATE IN FITNESS
**Personal Training, Individual Fitness Instruction,
Group Fitness Instruction**

STANDARD EXERCISE SCHEDULES

- A. For use with Units - 7021, 7023, 7024, 7026, 7051.
- B. For use with Unit - 7023.
- C. For use with Unit - 9809

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PURPOSE STATEMENT

This Standard Exercise Schedule is required for Fitness subfield unit standards on aquafitness. The schedule is not an exhaustive list of exercises nor is it intended to exclude those exercises or variations not listed. What the schedule is intended to reflect is a desirable exercise entry-level exercise vocabulary for work for an aquafitness instructor.

All exercises are to be demonstrated and instructed in correct form. 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 prime movers those muscles and/or 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.

(1) Abbreviations used with reference to Exercise Levels

PS	=	Poolside
NS	=	Neutral-stabilised.
ST	=	Standing in athletic stance.
RB	=	Rebounding.
SU	=	Suspended.

Exercises are listed alphabetically within sections according to the area of the body targeted for conditioning.

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SECTION 1

FREESTANDING EXERCISES

The term freestanding exercise is used to denote conditioning exercise done without the use of equipment to provide extra resistance. The most frequent use of freestanding exercise is in exercise classes, however there is no clear boundary between freestanding and resistance exercises. Overlap occurs – for example in the use of bodyweight exercises in floor classes for trunk and upper body conditioning.

There is a wide range of freestanding exercise movement elements and combinations of elements. In this section the approach taken is to describe in the main movement elements rather than specific exercise names as the latter may vary between information sources.

Many exercises may be performed using equipment that increases drag in water thereby increases the resistance level. The use of equipment is primarily a question of exercise prescription so equipment use as a variation is not indicated in this schedule.

For many leg exercises performed away from poolside, associated arm movements will be required in order to maintain position in the water. These are assumed to be included in the exercise movement and are not specified separately.

To avoid undue cooling, few static abdominal exercises are incorporated in aqua classes. Instead, abdominal contractions for stabilization of posture and balanced are consciously taught, where practicable, throughout the range of exercises.

For the unit standards to which this schedule is appended it is expected that trainees credited with the unit standards will be able to demonstrate clear, safe and efficient performance of the following movement elements and simple (two-element) combinations. Concerning arm movements, elements are bilateral for assessment purposes, for legs, movements are unilateral for assessment purposes. Where applicable, both short lever and long lever versions of movements are demonstrated.

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Area of Body Targeted	Movement	Major Muscles Targeted (Entry Level Knowledge)	Body Position	Variations Suggested for Assessment Purposes
<ul style="list-style-type: none"> ▪ Legs 	<ul style="list-style-type: none"> ▪ Curling 	<ul style="list-style-type: none"> ▪ Quadriceps Group. ▪ Hamstrings Group ▪ Gluteal Group. ▪ Erector Spinae. ▪ Abdominals. 	<ul style="list-style-type: none"> ▪ PS ▪ NS ▪ ST 	<ul style="list-style-type: none"> ▪ PS ▪ Supine
	<ul style="list-style-type: none"> ▪ Extending 	<ul style="list-style-type: none"> ▪ Quadriceps Group. ▪ Gluteal Group. ▪ Hamstring Group. ▪ Abdominal Group. ▪ Erector Spinae 	<ul style="list-style-type: none"> ▪ PS ▪ NS ▪ ST 	<ul style="list-style-type: none"> ▪ PS ▪ Supine
	<ul style="list-style-type: none"> ▪ Hip Abduction, Adduction & Extension 	<ul style="list-style-type: none"> ▪ Abductor Group ▪ Adductor Group ▪ Gluteal Group 	<ul style="list-style-type: none"> ▪ PS ▪ NS ▪ ST 	<ul style="list-style-type: none"> ▪
	<ul style="list-style-type: none"> ▪ Hopping 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪
	<ul style="list-style-type: none"> ▪ Jumping 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ RB 	<ul style="list-style-type: none"> ▪ Take off/Landing: Both feet to both feet, both feet to one foot, one foot to both feet. ▪ Foot Orientation: Knees parallel or knee out (frog legs) ▪ Hip Movement: Flexion or Abduction/Adduction (Jumping Jacks)
<ul style="list-style-type: none"> ▪ Knee Lift 	<ul style="list-style-type: none"> ▪ Illiopsoas Group ▪ Gluteal Group ▪ Hamstrings Group 	<ul style="list-style-type: none"> ▪ PS ▪ NS ▪ ST ▪ SU 	<ul style="list-style-type: none"> ▪ 	

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▪ Kicking	<ul style="list-style-type: none"> ▪ Quadriceps Group ▪ Hamstrings Group ▪ Iliopsoas Group ▪ Gluteal Group 	<ul style="list-style-type: none"> ▪ PS ▪ NS, ST ▪ SU 	<ul style="list-style-type: none"> ▪ PS: Prone ▪ Direction: forwards, backwards, laterally ▪ Kicking for propulsion. Kicking for support.
▪ Pedalling	<ul style="list-style-type: none"> ▪ Quadriceps Group ▪ Hamstrings Group ▪ Iliopsoas Group ▪ Gluteal Group 	<ul style="list-style-type: none"> ▪ SU 	
▪ Running	<ul style="list-style-type: none"> ▪ Quadriceps Group ▪ Gluteal Group ▪ Hamstrings Group ▪ Plantar Flexors (calves) ▪ Iliopsoas Group 	<ul style="list-style-type: none"> ▪ ST 	<ul style="list-style-type: none"> ▪ With arms including short and long levers and hand positions to minimize and maximize resistance to movement and assist balance.
▪ Squatting	<ul style="list-style-type: none"> ▪ Quadriceps Group ▪ Gluteal Group ▪ Hamstrings Group ▪ Plantar Flexors (calves) 	<ul style="list-style-type: none"> ▪ NS ▪ ST 	<ul style="list-style-type: none"> ▪ With arms including short and long levers and hand positions to minimize and maximize resistance to movement and assist balance.
▪ Stepping/Lunging	<ul style="list-style-type: none"> ▪ Quadriceps Group ▪ Gluteal Group ▪ Hamstrings Group ▪ Plantar Flexors (calves) 	<ul style="list-style-type: none"> ▪ NS ▪ ST 	<ul style="list-style-type: none"> ▪ Leg movement: Alternate or simultaneous (Cross country skiing)
▪ Walking	<ul style="list-style-type: none"> ▪ Quadriceps Group ▪ Gluteal Group ▪ Hamstrings Group ▪ Plantar Flexors (calves) ▪ Iliopsoas Group 	<ul style="list-style-type: none"> ▪ NS ▪ ST 	<ul style="list-style-type: none"> ▪ With arms including short and long levers and hand positions to minimize and maximize resistance to movement and assist balance.

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<ul style="list-style-type: none"> ▪ Trunk 	<ul style="list-style-type: none"> ▪ Abdominal Crunches 	<ul style="list-style-type: none"> ▪ Abdominal Group 	<ul style="list-style-type: none"> ▪ SU (supine floating) 	<ul style="list-style-type: none"> ▪
	<ul style="list-style-type: none"> ▪ Extension 	<ul style="list-style-type: none"> ▪ Erector Spinae Group ▪ Abdominal Group 	<ul style="list-style-type: none"> ▪ NS ▪ ST (hands at base of spine) 	<ul style="list-style-type: none"> ▪
	<ul style="list-style-type: none"> ▪ Trunk Rotation 	<ul style="list-style-type: none"> ▪ Oblique Abdominal Group 	<ul style="list-style-type: none"> ▪ NS ▪ ST 	<ul style="list-style-type: none"> ▪
<ul style="list-style-type: none"> ▪ Arms & Shoulders 	<ul style="list-style-type: none"> ▪ Curling and Extending 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ NS ▪ ST 	<ul style="list-style-type: none"> ▪ Hands positioned for minimum and/or maximum water resistance
	<ul style="list-style-type: none"> ▪ Horizontal Abduction & Adduction 	<ul style="list-style-type: none"> ▪ Deltoid Group ▪ Subscapularis ▪ Pect. Major ▪ Latissimus Dorsi 	<ul style="list-style-type: none"> ▪ PS ▪ NS ▪ ST ▪ SU 	<ul style="list-style-type: none"> ▪ Hands positioned for minimum and/or maximum water resistance.
	<ul style="list-style-type: none"> ▪ Pushing (includes Pressing, punching and reaching) 	<ul style="list-style-type: none"> ▪ Pectoral Group ▪ Triceps Group 	<ul style="list-style-type: none"> ▪ PS ▪ NS ▪ ST ▪ SU 	<ul style="list-style-type: none"> ▪ Hands positioned for minimum and/or maximum water resistance.
	<ul style="list-style-type: none"> ▪ Pulling (rowing) 	<ul style="list-style-type: none"> ▪ Trapezius ▪ Rhomboids ▪ Deltoids ▪ Biceps Group 	<ul style="list-style-type: none"> ▪ PS ▪ NS ▪ ST ▪ SU 	<ul style="list-style-type: none"> ▪ Hands positioned for minimum and/or maximum water resistance.
	<ul style="list-style-type: none"> ▪ Raising & Lowering 	<ul style="list-style-type: none"> ▪ Deltoids ▪ Trapezius ▪ 	<ul style="list-style-type: none"> ▪ NS ▪ ST ▪ RB ▪ SU 	<ul style="list-style-type: none"> ▪ Front and back. Sideways. ▪ Hands positioned for minimum and/or maximum water resistance.
	<ul style="list-style-type: none"> ▪ Shoulder Rotation 	<ul style="list-style-type: none"> ▪ Rhomboids 	<ul style="list-style-type: none"> ▪ NS ▪ ST 	<ul style="list-style-type: none"> ▪ Internal/medial, external/lateral
<ul style="list-style-type: none"> ▪ Swimming Strokes 	<ul style="list-style-type: none"> ▪ 	<ul style="list-style-type: none"> ▪ ST ▪ RB ▪ SU 	<ul style="list-style-type: none"> ▪ Crawl (Freestyle), Breastroke, Backstroke, Butterfly 	

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SECTION 2

MUSCLE GROUPS AND STRETCHING

For the unit standards to which this schedule is appended it is expected that trainees credited with the unit standards are able to identify which muscles and/or muscle groups are conditioned by each exercise in Sections one of this Schedule. Such knowledge will extend to the muscles and muscle groups listed below.

For stretching, the approach taken is to specify a stretch for each muscle group and significant single muscle or soft tissue structure as the base stretching vocabulary. For the unit standards to which this schedule is appended it is expected that trainees credited with the unit standards are able to demonstrate clear, safe and efficient performance of one stretch to each of the muscle groups and specific muscles or soft tissue structures listed below. A safe and efficient stretch will effectively stretch the targeted muscle or muscle group but will not overload that muscle or muscle group or put participants into an unsafe position.

Body Area	Muscle Group	Muscle
Neck	▪ Neck Flexors	
	▪ Neck Extensors	
	▪ Neck Lateral Flexors	
Shoulders	▪ Deltoids	▪ Anterior Deltoid ▪ Posterior Deltoid
	▪ Trapezius	
Chest	▪ Pectorals	▪ Pect. Major Upper, Middle, Lower ▪ Pect Minor
	▪ Serratus Anterior	
Upper Back	▪ Latissimus Dorsi	
	▪ Rhomboids	

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Arms	<ul style="list-style-type: none"> ▪ Biceps ▪ Triceps ▪ Wrist Flexors ▪ Wrist Extensors 	<ul style="list-style-type: none"> ▪ Biceps Brachii (long head)
Trunk	<ul style="list-style-type: none"> ▪ Erector Spinae ▪ Oblique Abdominals 	<ul style="list-style-type: none"> ▪
Hips	<ul style="list-style-type: none"> ▪ Abductor Group 	<ul style="list-style-type: none"> ▪ Tensor Fascia Latae ▪ Iliotibial Band ▪ Gluteus Medius and Minimus
	<ul style="list-style-type: none"> ▪ Adductor Group 	<ul style="list-style-type: none"> ▪ Adductor magnus ▪ Adductor brevis ▪ Adductor longus ▪ Pectineus ▪ Gracilis
	<ul style="list-style-type: none"> ▪ Gluteal Group 	<ul style="list-style-type: none"> ▪ Gluteus Maximus ▪ Piriformis
	<ul style="list-style-type: none"> ▪ Iliopsoas 	<ul style="list-style-type: none"> ▪ Iliacus ▪ Psoas
Legs	<ul style="list-style-type: none"> ▪ Quadriceps Group 	<ul style="list-style-type: none"> ▪ Vastus medialis, lateralis and intermedius ▪ Rectus femoris
	<ul style="list-style-type: none"> ▪ Hamstrings Group 	<ul style="list-style-type: none"> ▪ Semimebranosus ▪ Semitendinosus ▪ Biceps femoris ▪ Sartorius ▪ Popliteus
	<ul style="list-style-type: none"> ▪ Plantarflexors (Calf muscles) 	<ul style="list-style-type: none"> ▪ Gastrocnemius ▪ Soleus
	<ul style="list-style-type: none"> ▪ Dorsiflexors 	<ul style="list-style-type: none"> ▪ Tibialis Anterior

END OF SCHEDULE

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