



LES MILLS WORKPLACE ATTESTATION FORM

3582 - New Zealand Certificate in Pre-choreographed Group Exercise (Level 3)

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| TRAINEE GROUP FITNESS INSTRUCTOR | |
| LES MILLS PROGRAM | |
| FITNESS FACILITY ADDRESS | |

Section A – Completed by Fitness Facility (GFM) - GFI or Les Mills NZ Assessor

GROUP FITNESS INSTRUCTOR NAME

The trainee has been observed carrying out the role of a pre-choreographed group fitness instructor and staff member.
The trainee Group Fitness Instructor has: (Please tick)

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| <input type="checkbox"/> | Participated in at least 15 classes of the Les Mills Program they are planning to deliver |
| <input type="checkbox"/> | Completed Les Mills Eco-Portal Health and Safety Induction module or club H&S induction relating to Health and Safety regulations. GFI always follows facility health and safety policies and procedures. |
| <input type="checkbox"/> | Completed assessment for <i>Demonstrating basic knowledge of anatomical structures and physiological responses to exercise</i> (submitted to Les Mills Assessor) |
| <input type="checkbox"/> | Completed Initial Training Module |
| <input type="checkbox"/> | Been observed on at least three occasions over their training period (videos and/or live feedback) |

Section B – Completed by Les Mills New Zealand Assessor

ASSESSOR NAME

The following has been received for assessment:

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| <input type="checkbox"/> | US30447 - <i>Demonstrating basic knowledge of anatomical structures and physiological responses to exercise</i> Trainee has successfully achieved a competent rating for this assessment |
| <input type="checkbox"/> | Submitted and achieved a PASS competency outcome of their Les Mills Certification Assessment, select type (8-12 weeks) <input type="checkbox"/> Live <input type="checkbox"/> Video |
| <input type="checkbox"/> | Achieved a PASS as per the Les Mills Certification Assessment form |
| <input type="checkbox"/> | <i>The trainee has considerable knowledge as a Group Fitness Instructor and is competent in the skills and knowledge related to their selected class type</i> |

Section C – Completed by Group Fitness Manager

The Trainee Group Fitness Instructor consistently demonstrates the following to meet the requirements NZC in Pre-choreographed Group Exercise Level 3, unit standards in the tables below:

Qual 3582 - New Zealand Certificate in Pre-choreographed Group Exercise (Level 3) (40 credits)

| Unit | Title | Level | Credit | |
|------------------|--|--|-----------|----------|
| 30448 | Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility | 3 | 8 | |
| <i>Outcome 1</i> | <i>Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility.</i> | | | |
| 30446 | Prepare for, instruct and review a pre-choreographed group exercise class | 3 | 15 | |
| <i>Outcome 1</i> | <i>Prepare for a pre-choreographed group exercise class.</i> | | | |
| <i>Outcome 2</i> | <i>Instruct a pre-choreographed group exercise class.</i> | | | |
| <i>Outcome 3</i> | <i>Carry out post class processes and procedures for a pre-choreographed group exercise class.</i> | | | |
| 30447 | Demonstrate basic knowledge of anatomical structures and physiological responses to Exercise. | 3 | 5 | |
| <i>Outcome 1</i> | <i>Describe the function of gross anatomical structures during exercise.</i> | | | |
| <i>Outcome 2</i> | <i>Describe common physiological responses and adaptations of the body that result from exercise.</i> | | | |
| 29848 | Demonstrate knowledge of safe work procedures and practices in a recreation workplace | 3 | 5 | |
| <i>Outcome 1</i> | <i>Explain roles and responsibilities for safe working practices in a recreation workplace.</i> | | | |
| <i>Outcome 2</i> | <i>Demonstrate knowledge of health and safety management in a recreation workplace.</i> | | | |
| ✓ | GFM to tick ONE of the following class type elective unit standards | | | |
| | 27709 | Instruct a Step class - BODYSTEP | 3 | 7 |
| | <i>Outcome 1:</i> | <i>Describe basic exercise techniques and related level options, choreographic progressions and pre-screening used in Step classes</i> | | |
| | <i>Outcome 2:</i> | <i>Instruct a Step class</i> | | |
| | 27711 | Instruct an indoor Cycling class - RPM, THE TRIP, LES MILLS SPRINT | 3 | 7 |
| | <i>Outcome 1:</i> | <i>Describe basic exercise techniques and related exercise level options, safety checks and pre-screening used in Indoor Cycling classes.</i> | | |
| | <i>Outcome 2:</i> | <i>Instruct an indoor Cycling class</i> | | |
| | 27712 | Instruct a Free weights class - BODYPUMP | 3 | 7 |
| | <i>Outcome 1:</i> | <i>Describe basic exercise techniques and related exercise level options, equipment and pre-screening used in Free Weights classes</i> | | |
| | <i>Outcome 2:</i> | <i>Instruct a Free weight class</i> | | |
| | 27713 | Instruct a cardio Martial Fit class - BODYCOMBAT | 3 | 7 |
| | <i>Outcome 1:</i> | <i>Describe basic exercise techniques, level options, choreographic progressions and pre-screening used in Cardio Martial Fit group fitness classes</i> | | |
| | <i>Outcome 2:</i> | <i>Instruct a cardio Martial Fit group fitness class</i> | | |
| | 27714 | Instruct a Circuit class - BODYATTACK, LES MILLS GRIT, LES MILLS TONE | 3 | 7 |
| | <i>Outcome 1:</i> | <i>Describe the planning, basic exercises techniques, level options, safety requirements and pre-screening used in Circuit classes.</i> | | |
| | <i>Outcome 2:</i> | <i>Instruct a Circuit class</i> | | |
| | 27715 | Instruct a group fitness Dance class – LES MILLS DANCE, BODYJAM | 3 | 7 |
| | <i>Outcome 1:</i> | <i>Describe the key components of an exercise dance class, considerations, communication and performance techniques, and pre-screening used in group exercise Dance classes.</i> | | |
| | <i>Outcome 2:</i> | <i>Instruct a group fitness Dance class</i> | | |
| | 27716 | Instruct a Mind and Body class - BODYBALANCE | 3 | 7 |
| | <i>Outcome 1:</i> | <i>Describe Mind and Body philosophy as an exercise medium, exercise techniques, pre-screening and safety requirements used in Mind and Body classes.</i> | | |
| | <i>Outcome 2:</i> | <i>Instruct a Mind and Body class</i> | | |
| | 27717 | Instruct a Core Conditioning with equipment class - LES MILLS CORE | 3 | 7 |
| | <i>Outcome 1</i> | <i>Describe the structure, basic exercise techniques and related level options, safety points and pre-screening for a Core Conditioning class.</i> | | |
| | <i>Outcome 2:</i> | <i>Instruct a Core Conditioning class.</i> | | |

ATTESTATION AND FINAL SIGN OFF BY ASSESSOR

This attestation confirms the trainee Group Fitness Instructor can demonstrate the required skills and knowledge to meet the outcomes required of the NZC in Pre-choreographed Group Exercise Level 3:

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| ASSESSOR NAME | |
| ASSESSOR SIGNATURE | |
| GROUP FITNESS MANAGER NAME | |
| GROUP FITNESS MANAGER SIGNATURE | |
| DATE | |

LES MILLS TO RETAIN THE FOLLOWING FOR AT LEAST TWO YEARS FOR MODERATION PURPOSES

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| | Video evidence and/or Live Certification |
| | Class competency outcome forms |
| | Assessment and outcome for US30447 |
| | Les Mills Group Fitness - Workplace Attestation form |