

## LES MILLS WORKPLACE ATTESTATION FORM

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

<b>TRAINEE GROUP FITNESS INSTRUCTOR</b>	
<b>LES MILLS PROGRAM</b>	
<b>FITNESS FACILITY ADDRESS</b>	

<b>Section A – Completed by Fitness Facility (GFM) - GFI or Les Mills NZ Assessor</b>	
<b>GROUP FITNESS INSTRUCTOR NAME</b>	
<p>The trainee has been observed carrying out the role of a pre-choreographed group fitness instructor and staff member.</p> <p>The trainee Group Fitness Instructor has: (Please tick)</p>	
<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 <b><i>Demonstrating basic knowledge of anatomical structures and physiological responses to exercise</i></b> (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)

<b>Section B – Completed by Les Mills New Zealand Assessor</b>	
<b>ASSESSOR NAME</b>	
<input checked="" type="checkbox"/>	<b>The following has been received for assessment:</b>
<input type="checkbox"/>	<p>US30447 - <b><i>Demonstrating basic knowledge of anatomical structures and physiological responses to exercise</i></b></p> <p>Trainee has successfully achieved a competent rating for this assessment</p>
<input type="checkbox"/>	<p>Submitted and achieved a <b>PASS</b> competency outcome of their Les Mills Certification Assessment, select type (8-12 weeks)</p> <p><input type="checkbox"/> Live</p> <p><input type="checkbox"/> Video</p>
<input type="checkbox"/>	Achieved a <b>PASS</b> 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	
Outcome 1	Work professionally and safely as an exercise instructor to promote health and wellbeing within an exercise facility.			
30446	Prepare for, instruct and review a pre-choreographed group exercise class	3	15	
Outcome 1	Prepare for a pre-choreographed group exercise class.			
Outcome 2	Instruct a pre-choreographed group exercise class.			
Outcome 3	Carry out post class processes and procedures for a pre-choreographed group exercise class.			
30447	Demonstrate basic knowledge of anatomical structures and physiological responses to Exercise.	3	5	
Outcome 1	Describe the function of gross anatomical structures during exercise.			
Outcome 2	Describe common physiological responses and adaptations of the body that result from exercise.			
29848	Demonstrate knowledge of safe work procedures and practices in a recreation workplace	3	5	
Outcome 1	Explain roles and responsibilities for safe working practices in a recreation workplace.			
Outcome 2	Demonstrate knowledge of health and safety management in a recreation workplace.			
✓	GFM to tick ONE of the following class type elective unit standards			
	27709	Instruct a Step class - BODYSTEP	3	7
	Outcome 1:	Describe basic exercise techniques and related level options, choreographic progressions and pre-screening used in Step classes		
	Outcome 2:	Instruct a Step class		
	27711	Instruct an indoor Cycling class - RPM, THE TRIP, LES MILLS SPRINT	3	7
	Outcome 1:	Describe basic exercise techniques and related exercise level options, safety checks and pre-screening used in Indoor Cycling classes.		
	Outcome 2:	Instruct an indoor Cycling class		
	27712	Instruct a Free weights class - BODYPUMP	3	7
	Outcome 1:	Describe basic exercise techniques and related exercise level options, equipment and pre-screening used in Free Weights classes		
	Outcome 2:	Instruct a Free weight class		
	27713	Instruct a cardio Martial Fit class - BODYCOMBAT	3	7
	Outcome 1:	Describe basic exercise techniques, level options, choreographic progressions and pre-screening used in Cardio Martial Fit group fitness classes		
	Outcome 2:	Instruct a cardio Martial Fit group fitness class		
	27714	Instruct a Circuit class - BODYATTACK, LES MILLS GRIT, LES MILLS TONE	3	7
	Outcome 1:	Describe the planning, basic exercises techniques, level options, safety requirements and pre-screening used in Circuit classes.		
	Outcome 2:	Instruct a Circuit class		
	27715	Instruct a group fitness Dance class – LES MILLS DANCE	3	7
	Outcome 1:	Describe the key components of an exercise dance class, considerations, communication and performance techniques, and pre-screening used in group exercise Dance classes.		
	Outcome 2:	Instruct a group fitness Dance class		
	27716	Instruct a Mind and Body class - BODYBALANCE	3	7
	Outcome 1:	Describe Mind and Body philosophy as an exercise medium, exercise techniques, pre-screening and safety requirements used in Mind and Body classes.		
	Outcome 2:	Instruct a Mind and Body class		
	27717	Instruct a Core Conditioning with equipment class - LES MILLS CORE	3	7
	Outcome 1	Describe the structure, basic exercise techniques and related level options, safety points and pre-screening for a Core Conditioning class.		
	Outcome 2:	Instruct a Core Conditioning class.		

**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:

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**

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