

**Qualification Title:** New Zealand Certificate in Freestyle Group Exercise (Level 4)

**Qualification number:** 3565

**Date of review:** 10 February 2022

This report refers to graduates awarded this qualification prior to: **31 December 2021**

**Final decision on consistency of the qualification: National consistency is confirmed**

**Threshold:**

The threshold to determine sufficiency with the graduate profile was determined as evidence of the graduate being able to:

- Choreograph and deliver safe group exercise classes and programmes.
- Demonstrate knowledge of group exercise training principles and concepts and utilise knowledge of the anatomy and physiology to enhance movement patterns.
- Operate within a framework of health and wellness and encourage group exercise participants to develop skills and knowledge to improve their own health and wellbeing
- Integrate culturally appropriate values, processes and protocols to respond to participant exercise needs.
- Have an awareness of business skills and exercise products and services to develop and maintain a client base.

**Education Organisations with sufficient evidence**

The following education organisations have been found to have sufficient evidence.

| MOE Number | Education Organisation | Final rating |
|------------|------------------------|--------------|
| 8129       | Skills Active          | Sufficient   |
| 6025       | Toi Ohomai             | Sufficient   |

**Introduction**

The New Zealand Certificate in Freestyle Group Exercise (Level 4) is a 60-credit, entry level, qualification intended to provide graduates with the skills and knowledge needed to deliver group exercise programmes or activities for the general population. Graduates will be eligible to register with the New Zealand Register of Exercise Professionals.

Two providers have offered the qualification producing 278 graduates. Both providers participated in a video conferenced Consistency Review meeting. One programme required trainees to be working in the industry.

A representative from the qualification developer Toi Mai - Creative, Cultural, Recreation & Technology Workforce Development Council took part in the review.

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### Evidence

The education organisations provided a range of evidence to demonstrate that their graduates met the graduate profile outcomes.

The criteria used to answer the evaluation question were:

- The nature, quality and integrity of the evidence presented by the education organisation
- How well the organisation has analysed, interpreted and validated the evidence, and used the understanding gained to achieve actual or improved consistency
- The extent to which the education organisation can reasonably justify and validate claims and statements relating to the consistency of graduate outcomes, including in relation to other providers of programmes leading to the qualification.

Evidence provided included:

- Constructive alignment of GPOs and learning outcomes and or unit standards demonstrating a coherent training programme linked to the graduate outcomes;
- Evidence of internal and external moderation providing assurance that the assessments were fair, valid, reliable and meeting the learning outcomes at the appropriate level; and
- Feedback from employers, next level tutors/assessors and graduates, confirming that:
  - graduates were using the skills and knowledge intended by the qualification; and
  - the graduate outcomes were relevant to the real-world group exercise profession.

### **How well does the self-assessment and supporting evidence provided by the education organisation demonstrate that its graduates match the graduate outcomes at the appropriate threshold?**

The education organisations submitted a range of evidence that demonstrated graduates match the graduate outcomes at the agreed threshold. This included moderation evidence, programme / GPO alignment, graduate, next level tutor and employer feedback, and destination data.

Both organisations submitted evidence to demonstrate how the graduate profile outcomes were aligned to the programme courses and/or unit standards; moderation documentation was summarised with evidence that moderation (internal and external) feedback was contributing to programme improvements and assessor/tutor practice. Results from the graduate, next level tutor and employer surveys were submitted in detail and summarised. Results indicated that graduates were confident to apply the skills and knowledge outlined in the graduate profile. One graduate outcome was rated lower than other graduate outcomes and this was discussed in both the self-assessments and in the review meeting with the qualification developer. Provider insights will be used to inform qualification improvements in the future.

Destination evidence demonstrated that the majority of those graduates who responded to requests for feedback were employed in the exercise industry which is a positive outcome. The destination data, however, was limited to those who completed the survey. Both providers identified a need to develop a more systematic approach to gathering timely feedback against the GPOs from all stakeholders including graduates.

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The analysis and discussion of graduate survey data could be strengthened to show differences across graduate profile outcomes and across year groups, ethnicity, location, destination and triangulated with next level/employer feedback. These insights may lead to further programme and/or qualification improvements to ensure equitable outcomes for all graduates. Overall, however the self-assessment and supporting evidence supplied demonstrates that graduates meet the graduate profile outcomes at the determined threshold.

### **Issues and concerns**

None.

### **Recommendations to Qualification Developer**

None

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