

Title : FITNESS TRAINER

Role : The role of an instructor is to deliver fitness instruction to individuals with the use of equipment. The purpose of a fitness instructor is to promote and deliver safe and effective exercise but depending on specific situations, some additional knowledge, skills and competences may be required.

Essential skills

Maintain the exercise environment	Help to provide a safe, clean and friendly fitness environment
Provide customer care	Observe clients/members at all times and inform them where necessary about health and safety requirements and emergency procedures and be able to deal with foreseen accidents and emergencies
Provide appropriate customer service	Welcome clients/members, keep records and bookings of their activities, and direct them for further technical assistance or to other appropriate members of staff for guidance and support
Identify customer motives and goals	Identify individual motives and resulting short, medium and long term fitness goals
Collect information	Identify client information which is to be collected and advise clients of correct procedures, protocols and risks prior to commencing physical assessment and exercising
Provide safe instruction	Provide safe and effective fitness instruction
Integrate Exercise Science to the design of the programme	Apply the knowledge of the musculoskeletal system, biomechanical concepts as they relate to movement and exercise, the knowledge of related physiological concepts, the knowledge of the cardio-respiratory system and energy systems, to programme design.



Observe and correct	Observe customers who are exercising and suggest corrections and adaptations as necessary to ensure techniques and procedures (posture, range of motion, control, timing and form) are safe and effective
Adapt exercise	Suggest relevant exercise adaptations or options to allow for individual client differences or needs and provide participants with advice on intensity and how to progress their individual performance and results
Offer motivation	Positively interact and motivate clients/members using appropriate strategies in order to promote adherence to exercise.
Promote a healthy lifestyle	Provide information about the role of physical activity, modes of exercise and related services and the importance of healthy activities for daily living to clients
Promote customer referral	Invite customers to bring friends and family along and promote their fitness activities in their social environment
Demonstrate professional conduct	Work within the parameters given at Level 3, recognising the standards and professional limitations that this provides, and ensuring essential personal skills and knowledge to be a fitness instructor are maintained and updated

Title : GROUP EXERCISE INSTRUCTOR

Role : The role of a group exercise instructor is to build fitness participation of new and existing members through fitness experiences that meet their needs. The purpose of a group exercise instructor is to promote and deliver safe and effective exercise but depending on specific situations, some additional knowledge, skills and competences may be required.

Essential skills

Maintain the exercise environment	Help to provide a safe, clean and friendly fitness environment
Provide customer care	Observe clients/members at all times and inform them where necessary about health and safety requirements and emergency procedures and be able to deal with foreseen accidents and emergencies
Provide appropriate customer service	Welcome clients/members, keep records and bookings of their activities, and direct them for further technical assistance or to other appropriate members of staff for guidance and support
Identify customer motives and goals	Identify individual motives and resulting short, medium and long term fitness goals
Collect information	Identify client information which is to be collected and advise clients of correct procedures, protocols and risks prior to commencing physical assessment and exercising
Provide safe instruction	Provide safe and effective fitness instruction
Integrate Exercise Science to the design of the programme	Apply the knowledge of the musculoskeletal system, biomechanical concepts as they relate to movement and exercise, the knowledge of related physiological concepts, the knowledge of the cardio-respiratory system and energy systems, to programme design.



Observe and correct	Observe customers who are exercising and suggest corrections and adaptations as necessary to ensure techniques and procedures (posture, range of motion, control, timing and form) are safe and effective
Adapt exercise	Suggest relevant exercise adaptations or options to allow for individual client differences or needs and provide participants with advice on intensity and how to progress their individual performance and results
Offer motivation	Positively interact and motivate clients/members using appropriate strategies in order to promote adherence to exercise.
Promote a healthy lifestyle	Provide information about the role of physical activity, modes of exercise and related services and the importance of healthy activities for daily living to clients
Promote customer referral	Invite customers to bring friends and family along and promote their fitness activities in their social environment
Demonstrate professional conduct	Work within the parameters given at Level 3, recognising the standards and professional limitations that this provides, and ensuring essential personal skills and knowledge to be a fitness instructor are maintained and updated

Title : Personal Trainer

Role : A personal trainer's role includes designing, implementing and evaluating exercise/physical activity programmes for a range of individual clients by collecting and analysing client information to ensure the effectiveness of personal exercise programmes. A personal trainer should also actively encourage potential clients/members to participate in and adhere to regular exercise/physical activity programmes, employing appropriate motivational strategies to achieve this and to assist them with behavioural change as a result.

Essential skills

Demonstrate a professional attitude	Demonstrate responsibility and professional duty of care to clients which will include communication skills and a focus of customer care orientation
Select and maintain a safe exercise environment	Select the correct training environment and assess risks to ensure it provides a safe, clean and friendly fitness environment and that it will be the best use of the environment in which clients are exercising
Motivate clients	Capability to develop rapport in order to motivate individuals to begin, adhere and /or return to exercise
Collect information	Identify client information which is to be collected and advise clients of correct procedures, protocols and risks prior to commencing physical assessment and exercising
Assess and analyse information	Carry out fitness assessments to establish fitness and skill level and analyse information relating to individual clients
Use current technology	Use appropriate technological developments to help clients increase general activity levels and be motivated to adhere to exercise programmes



Plan and prepare for an exercise session	Prepare equipment and facilities for the session ensuring compliance with industry and national guidelines for normal operating procedures and plan timings and sequences for the session
Identify customer motives and goals	Identify individual motives and resulting short, medium and long term fitness goals
Provide exercise prescription	Provide a range of exercise programmes in accordance with the needs of the clients by applying principles of exercise programming
Integrate the principles of training	Apply the knowledge of principles of training and components of health related fitness to the design of an individual programme to meet client's abilities, needs, and lifestyle and exercise preferences
Adapt exercise	Suggest relevant exercise adaptations or options to allow for individual client differences or needs and provide participants with advice on intensity and how to progress their individual performance and results
Offer motivation	Positively interact and motivate clients/members using appropriate strategies in order to promote adherence to exercise
Integrate Exercise Science to the design of the programme	Apply the knowledge of the musculoskeletal system, biomechanical concepts as they relate to movement and exercise, the knowledge of related physiological concepts, the knowledge of the cardio-respiratory system and energy systems, to programme design
Inform clients of benefits of a healthy lifestyle	Provide participants with accurate information on principles of nutrition and weight management



Promote a healthy lifestyle	Provide information about the role of physical activity, modes of exercise and related services and the importance of healthy activities for daily living to clients
Demonstrate professional conduct	Work within the parameters given at Level 4, recognising the standards and professional limitations that this provides, and ensuring essential personal skills and knowledge to be a personal trainer are maintained and updated and to be a positive role model at all times and keep up to date with industry developments
Apply business and marketing skills	Apply business, marketing, and selling strategies and best practices to achieve success as an employee, independent contractor or entrepreneur.
Demonstrate professional responsibility	To ensure that other workers and clients are treated with respect and that appropriate civil liability insurance is in place at all times of instructing.



Title : PILATES TEACHER

Role : A Pilates matwork teacher's role includes planning, teaching and adapting exercises based on the work and principles of Joseph Pilates. Information will need to be collected and analysed for each client to ensure that programmes are safe, appropriate and effective. A Pilates teacher should be able to apply the principles through specific lesson planning and teaching which should be supportive and delivered in a non-competitive environment. They will need to have the skills to motivate and encourage clients to ensure their adherence to regular sessions.

Essential skills

Demonstrate a professional attitude	Demonstrate responsibility and professional duty of care to clients, in conformance with the principles of Joseph Pilates and which will include communication skills and a focus of customer care orientation
Select and maintain a safe exercise environment	Select the correct training environment and assess risks to ensure it provides a safe, clean and friendly fitness environment and that it will be the best use of the environment in which clients are exercising
Motivate clients	Capability to develop rapport in order to motivate individuals to begin, adhere and/or return to exercise
Collect information	Identify client information which is to be collected and advise clients of correct procedures, protocols and risks prior to commencing physical assessment and exercising
Assess and analyse information	Carry out fitness assessments to establish fitness and skill level and analyse information relating to individual clients and how Pilates training exercises can be adapted
Plan and prepare for an exercise session	Plan and prepare the exercise environment to be non-competitive and supportive of the principles of Joseph Pilates

Identify customer motives and goals	Identify individual motives and resulting short, medium and long term fitness goals
Prescribe exercise	Provide a range of exercise programmes in accordance with the needs of the clients by applying principles of exercise programming
Integrate the principles of training	Apply the knowledge of principles of Pilates matwork training and components of health-related fitness to the design of an individual programme to meet client's abilities, needs, and lifestyle and exercise preferences
Adapt exercise	Suggest relevant Pilates matwork exercise adaptations or options to allow for individual client differences or needs and provide participants with advice on intensity and how to progress their individual performance and results
Offer motivation	Positively interact and motivate clients/members using appropriate strategies in order to promote adherence to exercise
Integrate Exercise Science to the design of the programme	Apply the knowledge of the musculoskeletal system, biomechanical concepts as they relate to movement and exercise, the knowledge of related physiological concepts, the knowledge of the cardio-respiratory system and energy systems, to programme design
Inform clients of benefits of a healthy lifestyle	Provide participants with accurate information on principles of nutrition and weight management
Promote a healthy lifestyle	Provide information about the role of physical activity, promote the principles of Pilates, allied modes of exercise and related services, and the importance of healthy activities for daily living to clients



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Demonstrate professional conduct	Work within the parameters given at Level 4, recognising the standards and professional limitations that this provides, and ensuring essential personal skills and knowledge to be a Pilates Teacher. To be a positive role model at all times and keep up to date with industry developments and to help protect and promote the principles of Joseph Pilates
Demonstrate professional responsibility	To ensure that other workers and clients are treated with respect and that appropriate civil liability insurance is in place at all times of instructing

Title : PREGNANCY AND POST NATAL EXERCISE SPECIALIST

Role : The role of the Pregnancy and Postnatal Exercise Specialist (PPES) is to build exercise participation for beginners and already active women at all stages of pregnancy and during the postpartum period. This could be done through group or individual exercise programmes that meet their needs and objectives. In addition, the Pregnancy and Postnatal Exercise Specialist will be expected to assess overall physical fitness, to develop proper exercise programmes, to review participants’ progress and to be able to report on adherence and outcomes to relevant stakeholders.

Essential Skills

<p>Understand professional responsibilities</p>	<p>Know the evidence-based benefits of exercise for pregnant and postpartum women as well as policies, guidance and ethical issues relating to the provision of exercise for pregnant and postpartum women</p>
<p>Understand the morphological, physiological and biomechanical adaptations during pregnancy and postpartum</p>	<p>Know the interactive effects of morphological, physiological, biomechanical and hormonal adaptations to pregnancy phases, postpartum and to exercise. Know the dose-response relationship between physical activity and health for the pre- and postnatal period</p>
<p>Understand the psychosocial aspects of exercise during pregnancy and postpartum</p>	<p>Know the psychosocial adaptations to pregnancy and postpartum and the main barriers to participation in pre- and postnatal exercise. Be able to identify signs of depression and anxiety in pregnant and postpartum women. Be able to apply stress management technique and, motivational and behaviour change strategies for starting exercise or keeping adherence to exercise.</p>



<p>Communicate effectively with pregnant and postnatal clients</p>	<p>Communicate with pregnant and postpartum women in tasks related to the implementation of an exercise programme. Educate women on pre- and postnatal physical activity and exercise. Promote pregnant and postpartum women's engagement in specific exercise and health programmes</p>
<p>Apply basic nutrition rules and other aspects of healthy lifestyle related to pregnancy and postpartum</p>	<p>Advise pregnant and postpartum women on lifestyle, including healthy eating and stress management, emphasising the benefits of exercise for expectant mothers and their babies.</p>
<p>Understand health issues and safety considerations related to pregnancy and postpartum</p>	<p>Know the contraindications, risk factors, complications and prevalence of discomforts and health conditions associated with pregnancy and postpartum. Recognise and respond to emergency situations and to warning signs to terminate exercise</p>
<p>Understand and apply health and fitness assessment in pregnant and postpartum women</p>	<p>Be able to safely perform health and fitness assessments related to pregnant and postpartum women's exercise participation.</p>
<p>Manage healthcare referrals</p>	<p>Respect own professional limitations to implementing exercise programmes in pregnancy and the postpartum period, and receive referrals from and refer women to other professionals as appropriate</p>
<p>Understand and apply the prescription, implementation, and adaptation of exercise for pregnant and postpartum women</p>	<p>Program, adapt and supervise group or individual exercise, according to women's condition, each trimester of pregnancy and/or postpartum period, following evidence-based guidelines and physicians' recommendations. Apply specific exercises related to childbirth and motherhood</p>