

# Exercise Prescription Level Requirements

*This form is used to assist individuals completing the **Application for Registration as an Exercise Professional** form. In addition to this form, it is recommended that you also use the **Help Sheet for Registration Applications**, which is downloadable from the REPs web site – [www.reps.org.nz](http://www.reps.org.nz)*

This form outlines the summary requirements for registration at the **Exercise Prescription** level. This can be used to assist individuals applying for registration under pathway 3 or 4 in determining which level of registration to apply for. This list should be used as an indication only. Detailed descriptors for each level form the basis of how courses and individuals are assessed.

## Exercise Prescription: Exercise Consultant Level 1

**PREREQUISITE:** To reach this level, individuals must also be able to reach the requirements of **Foundation: Exercise Assistant** PLUS have undertaken forty hours work experience in a fitness centre environment, and have a current First Aid certificate.

Individuals at this level are required to have undertaken and passed qualifications which verify that, or are otherwise able to prove that, they are competent in the following:

- Apply appropriate pre-screening techniques that
  - Determine if a person is suitable for exercise
  - Determine the direction towards an appropriate program
- Recommend and demonstrate an appropriate exercise program based on pre-screen and identified needs<sup>1</sup>
- Ensure all advice given is consistent with ACSM and NZHF guidelines
- Prescribe to special needs groups as long as there is a pre-written generic program specifically for that special needs group, and there is no special circumstances for that client (e.g. a generic post natal program may be given, as long as one exists, but not if for example that client has had a caesarean)
- Ability to identify issues outside of the competency of the instructor and refer on to appropriate registered professional (within REPs at a higher level, a health professional, or other professional such as dietician). Specifically, but not limited to, the following examples: Special need, Advanced needs, Health or Physical Rehabilitation (post operation of major injury)
- Supply clients with generic nutritional information
- Provide basic generic fitness testing (such as blood pressure, fat %, simple flexibility and sub maximal fitness tests)

**This level is not endorsed under this registration system to:**

- Design pre-screening forms
- Personalise programs
- Give personalised nutritional or dietary advice
- Undertake Personal Training sessions
- Write generic programs
- Undertake advanced or personalised testing

<sup>1</sup> These programs will be written by an exercise professional registered at **Exercise Consultant Level 2** or above

## Exercise Prescription: Exercise Consultant Level 2

**PREREQUISITE:** To reach this level individuals must also be able to reach the requirements of *Exercise Consultant Level 1* (including prerequisites) PLUS have undertaken one hundred hours work experience in a fitness centre environment.

Individuals at this level are required to have undertaken and passed qualifications which verify that, or are otherwise able to prove that, they are competent in the following:

- Personalise any programs given
- Design pre-screening forms
- Write generic programs for use by *Exercise Consultant Level 1* Exercise professionals
- Provide individualised fitness testing
- Have extended knowledge of functional anatomy and exercise physiology
- Work with and personalise programs for special needs and advanced needs clients, up to but not including health/physical rehabilitation and advanced sports conditioning
- Work with clients requiring health rehabilitation and/or physical rehabilitation under the guidance from a registered health professional or an individual registered with REPs at the 'Specialist' level
- Work with clients requiring specific and advanced sports conditioning under the guidance from an Exercise professional registered at an "Advanced" level or registered Sports Scientist Level 2 in physical conditioning (through SSNZ)
- Give personalised nutritional advice under the guidance<sup>2</sup> of a registered nutritionist or dietician

**This level is not endorsed under this registration system to:**

- Provide physical or health rehabilitation
- Provide personalised nutritional advice
- Undertake postural analysis
- Undertake Personal Training sessions

## Exercise Prescription: Personal Trainer

**PREREQUISITE:** To reach this level, individuals must also be able to reach the requirements of *Exercise Consultant Level 2* (including prerequisites) and also have undertaken at least one hundred hours, over at least a six month period of work, at the *Exercise Consultant Level 2* level.

Individuals at this level are required to have undertaken and passed qualifications which verify that, or are otherwise able to prove that, they are competent in the following:

- attract and keep clients
- understand and apply relevant consumer law
- undertaken business planning, including cashflow forecasting and financial management, or able to show that they have this process managed externally
- keep business records

**This level is not endorsed under this registration system to:**

- Provide physical or health rehabilitation
- Provide personalised nutritional advice
- Undertake postural analysis

**NB:** Individuals that are Personal Trainers with an employment relationship with the exercise facility they operate from may register as a sub level of this registration - "Personal Trainer - Employee". Under this registration individuals do not need to meet the last criteria (business planning etc) and also receive a discounted registration fee, and do not receive the insurance (as the facility's insurance would cover employees).

<sup>2</sup> The exact form of this guidance is at the discretion of the nutritionist or dietician. This could be the nutritionist/dietician views/approves each and every piece of dietary advice given on an individual basis, through to approving a "process" establishing criteria and boundaries that the registered exercise professional may operate within. In all cases the registered exercise professional should have this approval process documented and signed by the dietician/nutritionist.