

Foundation 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*

This form outlines the summary requirements for registration at the foundation 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.

Foundation: Exercise Assistant

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:

- Identifying potentially dangerous (contra indicated) exercises
- Have a basic knowledge of the facility's exercise products and services available to clients
- Recognise the need for exercise expertise from other people
- Understand basic issues relating to exercise health & safety
- Operate and demonstrate cardiovascular equipment (e.g. treadmills) to clients (how to turn on and start)
- Have a current CPR certificate

This level is not endorsed under this registration system to:

- Prescribe or demonstrate exercises
- Give any advice in the health & fitness area (including generic advice)
- Pre screen or test clients

Group Fitness

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. 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:

PART A

- Demonstrate basic exercise techniques to a group
- Have an understanding of basic anatomy and exercise physiology (note: see special notes, schedule A)
- Design (for choreographed only), monitor and instruct a structured group exercise class that follow the principles of safe exercise structure (warm up and cool down etc) that allows for a physiologically safe and balanced workout
- Use and operate a stereo for use with group exercise
- Have a current First Aid certificate

PART B:

To teach classes that involve any of the activities listed below then it is expected that the instructor have undertaken specific training in this area to ensure they are competent (in all cases a course certificate should be provided to REPs for each area)

- The use of resistance training techniques (eg pump, circuits)
- Use of equipment (e.g. swiss balls)
- Are based in, or include use of a pool or water (aqua classes). In such cases the individual should also hold the Pool Lifeguard award
- Yoga or pilates

This level is not endorsed under this registration system to:

- Pre-screen or test clients¹
- Prescribe any exercise to individuals
- Demonstrate any resistance training techniques (in a class or individually) except where Part B applies

Registration at this level will be given in one of two forms

- pre-choreographed
- choreographed (which allows an individual to teach a pre-choreographed program also)

Details will also be held on file as to the extra activity formats that the exercise professional is trained in (e.g. yoga, aqua, circuits).

¹ It is important to note that while Group Exercise Professionals are not expected to pre-screen clients, a pre-screening process should be in place at all fitness facilities prior to participants taking part in a class.