



Global Report 2014

Report on the development of national registers for
exercise professionals around the globe





What is ICREPs

The International Confederation of Registers for Exercise Professionals (ICREPs) is an international partnership between registration bodies around the world that register exercise professionals.

ICREPs is a non profit, membership based organisation. Our members all operate independent, competency based registration systems for exercise/fitness professionals. ICREPs members operate in 4 continents, and eight countries, and collectively register over 200,000 individual exercise professionals. ICREPs has also produced a global matrix that maps each ICREPs member's registration levels against the others, which provides a clear pathway for exercise professionals considering moving countries.

ICREPs also works with education providers that operate outside of ICREPs member countries. In this case, training providers can apply to have their course(s) mapped against ICREPs members standards, with the outcome giving global portability and recognition (in ICREPs member countries) for graduates of courses that have been mapped, and meet the required standards.

ICREPs is recognised by IHRSA (the International Health, Racquet & Sportsclub Association) as the global body representing national registration bodies of exercise professionals

For more details on ICREPs, including support resources for organisations considering setting up a national register, and how ICREPs accredits training providers, please visit www.icreps.org

About this report

This report is designed to give an overview on the development of national registers around the globe by listing ICREPs member registers, and providing a summary of their operations and key activities.

It was updated in May 2014.

Chair's Statement

The last 24 months have been an extremely active time for the development of national registration bodies for exercise professionals, with both Canada and the UAE joining ICREPs. Subsequently, UAE has completed its mapping process with other ICREPs members (meaning exercise professionals have clear pathway maps to/from the UAE) and Canada's mapping currently in progress. Additionally, the world's largest global register – US REPs, which only went live in early 2014, has already gained over 130,000 exercise professionals on its register. US REPs was conferred full membership of ICREPs in March 2014 at the IHRSA conference in San Diego, bringing the collective pool of registered exercise professionals globally to almost a quarter of a million.

Just as promising, there are now over half a dozen other registration bodies around the globe in some stage of development that are in discussions with ICREPs. One of our primary goals is to support the development of new registers, so we are keen to continue our work in this area.

In the last 12 months, ICREPs also launched, and approved its first education provider under a new recognition programme. This allows for education providers that operate in countries without ICREPs membership, to have their qualification programme(s) mapped against ICREPs global standards, which can then enable a mapping process to take place with each ICREPs member for the purposes of increasing global registration of exercise professionals. In late 2013, AASFP (Asian Academy for Sport & Fitness Professionals – www.aasfp.com), who operate in Hong Kong, mainland China, and through Asia, were recognised by ICREPs as meeting the global standards.

This makes it an exciting time for both ICREPs and, more importantly, the global exercise community. The more we can work together for the betterment of the industry through the use of agreed standards, the more we can realise many of the exercise industry's ambitions to work more closely with the health sector, and contribute more to the health and wellness of the public we ultimately serve.

Richard Beddie, *Chair ICREPs*



Established Member National Registers (listed in alphabetical order)

Australia
Canada
Ireland
New Zealand
South Africa
United Arab Emirates
United Kingdom
United States of America

Name of Register:
Fitness Australia

Country of Operation:

Australia

Operating Since:

Operating as a national entity since 2008
(State based entities operating since late 1980's)

Number of Registrants:

individual currently registered – 27,000

Registration Categories::

13 categories of registration (soon to be reduced to 4)



Update:

The Fitness Australia Exercise Professional Registration System continues to mature with the total number of registrants increasing to 27,000. During 2013-14, specific project work focusing on the enhancement of the system inclusive of the continuing education system has taken place.

Four system enhancements have been identified and developed for implementation in the coming months:

- Reducing the categories from 13 to 4 to better represent actual professional roles
- Profiling of a broad range of delivery knowledge and skill areas (DKS)
- CEC system quality improvement features
- Release of the Registered Exercise Professional Scope of Practice - statement

Other significant initiatives that will support the systems long term effectiveness have commenced. These have included:

- Supportive Guideline Development
- Research - Evidence Platform Development for effectiveness and safety
- Standards Education and Resource Delivery (E-learning platform)

The implementation of the registration system enhancements will coincide with the introduction of a new Fitness Australia website and communications/engagement platform in 2014. A feature of this development will be the launch of the Fitness Australia Registered Exercise Professional online directory. It is expected that the searchable directory will make the system and the registration status more visible and useful for professionals, the industry, associated stakeholders and most importantly the public.

Fitness Australia is also actively contributing to the current review of the Vocational Qualification Package undertaken by the national skills council. This process of development will continue for the remainder of 2014.

Fitness Australia highly values its membership of ICREPs and the collaborative work undertaken to improve exercise professional standards and opportunities globally.



Name of Register:

National Fitness Leadership Alliance (NFLA)

Country of Operation:

Canada

Operating Since:

1993

Number of Registrants:

10,000 exercise professionals

Registration Categories:

- Group Exercise Leader
- Aquatic Exercise Leader
- Fitness for the Older Adult
- Resistance Training leader
- Personal Trainer – Fitness Trainer/Individual training leader



Update:

The NFLA register is an enterprise of seven partner organizations which registered members regionally. The register continues to support the diversity of exercise professionals through regional representation across Canada.

Our work this year focused on:

- Renewing the national performance standards for specialty group exercise leadership.
- Review and validation of evaluation tools for regional registration.
- Recognition and evaluation of diploma and degree based exercise professionals with an exercise specialist registration.
- The review of the 2014 ParQ+ practices and use with members.

NFLA as a full member of ICREPs acknowledges the valuable opportunity to enhance the professional standards of its registry members, in Canada and globally.



Name of Register:
REPs Ireland

Country of Operation:

Republic of Ireland

Operating Since:

2009

Number of Registrants:

Peaked at over 1,000

Registration Categories:

- EQF Level 3 Fitness Instructor
- EQF Level 3 Group Fitness Instructor
- EQF Level 4 Personal Trainer
- EQF Level 4 Pilates Instructor
- New levels at EQF Level 5 are proposed and will be adopted during 2014



Update:

REPs Ireland was launched in 2009, and after a period of development to establish itself, 2013 has brought significant change and progress. This was in line with the rebranding and repositioning of the industry representative body ILAM, which is now known as Ireland Active (www.irelandactive.ie).

Whilst REPs Ireland is still a 'young' register with no statutory status, highlights of 2013 include:

- New website launch
- Online registration
- Formation of new Technical Expert Groups
- Recognition by EHFA as the competent authority in Ireland
- Restructuring of education and training provider Quality Assurance process
- Creating working partnerships with statutory organisations such as Irish Sports Council (ISC), Coaching Ireland (CI), Quality & Qualifications Ireland (QQI), Health Service Executive (HSE)
- Creating working partnerships with key allied healthcare professional organisations such as Irish Society of Chartered Physiotherapists (ISCP) and the Irish Nutrition & Dietetic Institute (INDI)

In 2014 REPs Ireland will host its first ever national convention. A full review of our standards and categories is planned, with a view of developing National Occupational standards where appropriate. Any new standards will be in line with EHFA and ICREPs Global standards.

It is anticipated that a broader framework with new categories will be adopted. This will reflect the current job roles and scope of practice amongst exercise professionals working in Ireland.



Name of Register:

NZ Register of Exercise Professionals

Country of Operation:

New Zealand

Operating Since:

2004

Number of Registrants:

2200 exercise professionals and 200 facilities

Registration Categories:

Three (with sub categories)

a) Group Exercise

Own choreography – Design and demonstrate an exercise class
Pre choreographed – Demonstrate an exercise class

b) Exercise Consultant

Exercise Consultant Level I - Demonstrate pre-written exercise programmes
Exercise Consultant Level II - Design and demonstrate exercise programmes to clients

c) Personal Trainer

Personal Trainer Employee - Provide the services of an Exercise Consultant Level II plus provide personal trainer services as an employee, within an exercise facility setting.
Personal Trainer Contractor - Provide the services of an Exercise Consultant Level II plus provide personal training services at any setting/venue, operating as an independent business
Exercise Specialist - Provide the services of an Exercise Consultant Level II plus provide personal training services at any setting/venue, operating as an independent business



Update:

Our register has continued to grow with an increase of 7% over last year. The register is well recognised and supported by industry from the larger chains through to smaller operators. The register has continued to use the development of REPs resources (pre screening forms, Tell Me More client information brochure series, client /trainer agreements etc) as a tangible benefit for exercise professionals. This has been beneficial to get 'buy in' from exercise professionals who don't understand the bigger picture of growing the entire industry through the register and industry standards.

Our focus this year is on building the relationship with allied health and government. The strategies to achieve this have been:

- The recognition of degree based exercise professionals with an exercise specialist registration level
- The current review of the REPs pre screen and new accompanying best industry practice guide due for release in the first half of this year. It is important to have robustness in the process of screening, in particular around targeted special populations (obesity, older adults, type 2 diabetes etc).
- Proposed research project(s) with AUT University NZ linking the benefits of exercise adherence to health and well being.
- Fortnightly REPs media releases to ensure the register is recognised as the authority in exercise related topics by external parties (allied health, Government, the public), as well as the industry itself.



ICREPs can provide an extremely valuable opportunity for shared resource development and industry owned peer reviewed research. Sharing the cost of development, and using the relationships the registers already have with their own experts, would provide all registers with significant benefit.

Name of Register:

REPSSA (Registration of Exercise Professionals of South Africa)

Country of Operation:

South Africa

Operating Since:

2011

Number of Registrants:

3700

Registration Categories:

- Group Exercise Instructor
- Fitness Instructor
- Pilates Instructor
- Personal Trainer
- Exercise Specialist
- Sports Conditioning Coach



Update:

REPSSA was recently granted Professional Body Status by SAQA (South African Qualifications Authority) and passed into legislation.

This makes REPSSA responsible for the professionalism of the Fitness Industry.

This includes protection for the consumer, review of standards and a voice for the Fitness Industry in South Africa.

Previously, the South Africa fitness industry was never regulated and no minimum standard was ever enforced. This led to many sub standard education providers certifying unqualified trainers.

REPSSA, along with SAQA and CATHSSETA (the government sector that oversees Fitness), the minimum standard has now been introduced and is being managed.

REPSSA has support from all major educators, employers, stakeholders and government.



Name of Register:

REPs UAE

Country of Operation:

United Arab Emirates

Operating Since:

2013

Number of Registrants:

1400 individuals currently registered

Registration Categories:

REPs UAE is made up of eight categories across three levels

Level 1 – Assistant Instructor

Level 2 – Gym Instructor, Group Fitness Instructor,
Group Fitness Instructor (Freestyle), Aqua Fitness Instructor

Level 3 – Personal Trainer, Pilates Teacher, Yoga Teacher



Update:

Since becoming a member of ICREPs in March 2013, REPs UAE has grown significantly and has greatly increased its reputation and standing in the fitness industry in the United Arab Emirates and Middle East region.

From under 100 members last March, there have now been over 1400 applications to REPs UAE and member growth is continuing at a fast rate. REPs UAE enjoys both government support, through Dubai Sports Council, and employer support – where all the major club operators are committed to having all their trainers registered.

Significant achievements over the past 12 months have included:

- New members of staff have joined REPs with significant local fitness industry experience appointed to work with members and clubs
- Approval of seven training providers with qualifications to give entry to the register and award CPD points for continuing education courses
- Launch of a new REPs magazine, the first dedicated fitness industry magazine in the country
- Awarding of certificates to clubs who have all their trainers registered – known as registered facilities
- Hosting ICREPs mid-year meeting in August 2013

REPs UAE is by no means resting on its laurels and 2014 will see new exciting developments such as a new website and online registration system, formal support from the Sports Councils in Emirates outside Dubai, and a drive to promote REPs to small clubs who may not yet have encouraged all staff to join REPs. A target of 2000 members by the end of 2014 is not thought to be unrealistic.

REPs UAE will introduce 'REPs Fitness Industry Awards' which will include six individual categories and four facility categories. This will be an annual event with the first awards ceremony to be held on 12 December 2014.

As the world's most cosmopolitan fitness register with members from over 100 countries, international links and ongoing partnership with ICREPs and the registers around the world will remain a key focus. REPs UAE is proud to be raising standards and professionalizing the fitness industry in UAE.



Name of Register:

Register of Exercise Professionals

Country of Operation:

United Kingdom (sovereign state) comprised of the countries England, Scotland and Wales and the province of Northern Ireland.

Operating Since:

2002

Number of Registrants:

30,900

Registration Categories:

- 26 total:
- 5 at Level 2
 - 4 at Level 3
 - 10 at Level 4
 - 3 additional categories
 - 4 non-levelled categories.



Update:

REPs UK is currently in its twelfth year of operation and continues to grow at a steady rate thanks in part to a deliberate effort to maintain and enhance the relationship it has with UK employers in the sector. Membership has increased by around 5% in the last year.

The successful model by which REPs UK is organised and run has been taken as a template by SkillsActive who have received funding from the UK government to launch a number of other professional membership registers in 2013/14, namely:

RPP – Register of Playwork Professionals

RAPs – Register of Aquatic Professionals Capre – Children’s Activity Professionals Register

RPDPS – Register of Personal Development Practitioners in Sport

RNP – Register of Nail Professionals

RBP – Register of Beauty Professionals

RSP – Register of Spa Professionals

These registers will enhance the professionalization of people working in these sectors and lead to a greater trust in, and reassurance for, members of the public who use these services. Using the REPs model, there will be an emphasis on transparency and compliance to ensure the integrity of all registers in the SkillsActive footprint.

REPs UK is currently working closely with the National Institute of Health and Care Excellence (NICE) in the UK to formulate guidelines for the GP Exercise Referral process. These are expected to be published in the Autumn of 2014.

Global Mobility:

The following numbers represent the global mobility to the UK in the past 12 months:

EREPS - 39

Fitness Aus - 41

REPs Ireland – 4

REPs NZ – 12

REPs South Africa - 9



Name of Register:

**USREPS - United States
Registry of Exercise
Professionals**

Country of Operation:

United States of America

Operating Since:

2014

Number of Registrants:

Approximately 146,000

Registration Categories:

- Level 3 - Group exercise
- Level 4 - Pilates
 - Personal Trainer
- Level 5 - Clinical Exercise Specialist
 - Strength and Conditioning Coach



Update:

USREPS was released with strong support by all facets of the health and fitness industry, including key international stakeholders. The Registry reflects a diverse group of qualified exercise professionals vetted against a uniform standard. Each registrant is certified by a highly respected certification organization that offers NCCA-accredited exercise certification programs in the United States. The Register was initiated in response to a growing need for consumer protection and interest in professional regulatory standards by which individual states could establish minimum competence consistent with national best practices for other allied health professions.

The Coalition for the Registration of Exercise Professionals (C-REPS) is responsible for maintaining the United States Registry of Exercise Professionals. The Coalition is comprised of member organizations offering NCCA accredited exercise certification programs. The CREP and its members advocate for exercise professions with the specific intent of improving the recognition of exercise professionals as health providers in the United States. Additionally, CREP is proud to work with ICREPs to improve opportunities and recognition for exercise professionals worldwide.





Board Members

Naser Al Tamimi (United Arab Emirates)

Richard Beddie (New Zealand) - Chair

Brian Biagioli (United States of America)

Stephen Gacsal (New Zealand)

Craig Knox (Australia)

Katherine MacKeigan (Canada)

Mark McManus (Ireland)

Scott Schreuder (South Africa)

Stuart Turner (UK)

Contact Details

W: www.icreps.org

E: info@icreps.org

Common support questions

Information on registering as an exercise professional

For information registering as an exercise professional with an ICREPs member, please contact the ICREPs member directly. Web site details of each member are available as links from www.icreps.org

Note: ICREPs does not register exercise professionals directly, nor does it deal with individual portability questions - refer to your local ICREPs member.

Information and support for those considering setting up a national register and/or joining ICREPs

Visit www.icreps.org and follow the link to: Resources > Setting up a register

Criteria for ICREPs membership can be found by following the link to: Joining

Education providers in counties with ICREPs members

Please contact your local ICREPs member directly (ICREPs does not deal with education providers operating in a country with an ICREPs member)

Support for education providers operating in a country with no ICREPs member

Visit www.icreps.org and follow the link to Resources > Training provider recognition