

This application form is only for individuals applying for registration as a **REPs Registered Exercise Specialist**.

! IMPORTANT - Please read this before you start.

To successfully complete your application, you **MUST HAVE** the following before you start.

Any missing parts will delay the processing of your application.

Qualification

All registration applications for REPs Registered Exercise Specialist require an appropriate undergraduate degree or equivalent with at least the specific exercise science content as per our detailed level descriptor document. Note that the degree does not necessarily need to be specifically in exercise science; it is acknowledged that many general sport and exercise degrees contain substantial exercise science content even if not obviously apparent in the title of the degree. See section 12 of this application form for full details.

Experience and Verification

All individuals applying for registration as a REPs Registered Exercise Specialist are required to undertake an experience and competency assessment with a REPs Assessor. This will usually involve a telephone/Skype/face to face assessment to verify that the exercise professional is suitable for this registration level. An Exercise Specialist is also expected to work in the health and fitness industry as a specialist personal trainer with considerable experience (minimum 500 hours over a minimum of 2 years as a personal trainer). A period of provisional registration can be

provided in cases where the minimum level of experience has not been completed, and this will be confirmed by the REPs Assessor. There is a one time fee of \$70.00 towards the cost of this verification and assessment process.

First Aid/CPR Certificate

You are required to supply a copy of a current Comprehensive First Aid certificate, or if you are working exclusively from a Registered Exercise Facility, a current CPR certificate.

Continuing Professional Development (CPD)

REPs Registered Exercise Specialists are required to undertake at least 15 points of REPs approved Continuing Professional Development (CPD) per registration year (REPs does not allow for a deficit of CPD points to be carried forward into the next registration year). This is a higher CPD requirement (currently 10 CPD points) for our other registration levels.

Payment

Before REPs can complete your application, payment must be made. If you elect to pay by monthly payments, you must post the Monthly Payment and Direct Debit form with your application.

Section 1: Personal Details

IMPORTANT: * INDICATES FIELDS WHICH ARE MANDATORY FOR THIS SECTION. INCOMPLETE INFORMATION WILL DELAY PROCESSING.

First Name *

Last Name *

Postal Address *

Suburb

City *

Postcode *

Email Address *

Phone (home)

Phone (work)

Phone (mobile)

Date of Birth *

Ethnicity

NZ Non Maori

NZ Maori

Other

Can you speak Te Reo?

Yes

No

Section 2: Your Workplace

List all exercise facilities you operate from (including branch names) if you operate from a facility.

Is this a facility a REPs Registered Exercise Facility (REF)?

A list can be found on the REPs website (click search facility, www.reps.org.nz)

Yes No

Section 3: Level of Registration

Please tick the level(s) of registration for which you are applying.
If you select more than one level you only pay the fee of the highest level selected.

Exercise Prescription	Fee if at a REPs Registered Facility (inc GST)	Fee if not at a REPs Registered Facility (inc GST)
<input checked="" type="checkbox"/> REPs Registered Exercise Specialist	\$289.00	\$406.00
Group Exercise If you also hold a REPs recognised Group Exercise qualification, and wish to add this level of registration, please tick one of the two Group Exercise options. There is no additional fee to add this registration level.		
<input type="checkbox"/> Group Exercise Own Choreography (Freestyle using own choreography)		
<input type="checkbox"/> Group Exercise Pre Choreographed (Les Mills, cityfitness, Radical Fitness)		

ENTER THE REGISTRATION FEE ABOVE IN **BOX A** ON PAGE 5.

Section 4: First Aid

YOU MUST ATTACH A COPY OF YOUR CERTIFICATE TO YOUR APPLICATION

- I hold a current Comprehensive Workplace First Aid certificate.**
This enables me to work anywhere.
- I hold a current CPR certificate.**
This enables me to work exclusively within the premises of a Registered Exercise Facility only.

Please see the REPs website (www.reps.org.nz) for REPs full First Aid/CPR policy information sheet.

Section 5: Statistical Information

A As an exercise professional do you plan to be:

- At an exercise facility (club, gym, studio) not owned by me
- My home or own studio
- No fixed location - outdoors/mobile
- Within the premises of a non exercise related business
(a physio, health centre, beauty/health spa)
- Other (Please specify)

B Who decides if you REPs register?

- My employer makes the decision
- I make the decision myself

Section 6: Qualification

Please refer to section 12 for detailed information on the qualification requirements.

IMPORTANT: In all cases, please attach copies of degree completion certificates and a transcript indicating matriculation/graduation.

Name of Academic Institution	Name of Degree	Date completed (month and year)
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Section 7: Optional Email Address

As an additional benefit you can have an @registeredtrainer.co.nz email address. Email addresses are allocated on a first in first served basis. All emails will be diverted to the email address listed in section 1 of this form.

I request: @registeredtrainer.co.nz

If unavailable, I request: @registeredtrainer.co.nz

Important notes for @registeredtrainer.co.nz email addresses:

- This is a free service on the basis REPs will take all reasonable steps to ensure emails are delivered as this service is provided by a 3rd party.
- REPs accepts no liability for any loss that may result from using this service.
- REPs reserves the right to decline any email address for any reason (i.e its offensive, not professional or is a trademark).
- Email addresses will expire when registration lapses, so to ensure consistent delivery of your emails, ensure you re-register on time.
- Requesting an email address indicates your acceptance of these terms and conditions.

Section 8: Insurance

This registration level includes insurance. **NOTE: Contractors to facilities are not normally covered by any facility's workplace insurance so it is important you have this cover.**



Insurance is included in my registration fee as I am an Exercise Specialist

Please complete all parts of this section.

List activities you undertake e.g (Personal Training, Group Exercise Classes) <i>See note 1 below.</i>	<input type="text"/> <input type="text"/>
Have you had any previous claims in respect to the insurance being applied for?	<input type="checkbox"/> No <input type="checkbox"/> Yes (provide details in space below)
What was your total income in the last completed financial year? (excl GST) if you have just started business please tick "just started"	<input type="checkbox"/> Under \$50,000 <input type="checkbox"/> Just Started
Over 50,000. Please write actual amount.	\$ <input type="text"/>
Have you ever been subject to disciplinary proceedings for professional misconduct?	<input type="checkbox"/> No <input type="checkbox"/> Yes (provide details in space below)
Are you aware of any claims, or circumstances which may result in claims against you?	<input type="checkbox"/> No <input type="checkbox"/> Yes (provide details in space below)

Note1: These activities must be within your role as an exercise professional, and within the scope of your knowledge, competency and skill.

NOTES:

Insurance Agreement:

- I agree that my personal information may be used by Lumley General Insurance(NZ) to advise me of other services provided by Lumley General Insurance (NZ).
- I authorise the disclosure of personal information held by any other party regarding my previous insurances.
- I agree to Lumley General Insurance (NZ) limited releasing to other parties information regarding this insurance.
- I hereby declare and warrant that the answers given in this proposal (.and any attachments relating to it) are in every respect correct and complete.
- I declare that this proposal, declaration (and any attachments to it) and any other information supplied to Lumley General Insurance (NZ) Limited in support of this proposal shall be the basis of the contract between us.
- I agree to accept the terms and conditions contained in the Professional Indemnity Insurance policy as modified or extended by any endorsements thereon or the policy schedule or on any certificate of insurance issued to me by Lumley General Insurance (NZ) limited in lieu of a policy.
- I agree that REPs reserves the right to change insurer at anytime. This may result in changes to the terms and conditions of the cover, but REPs will ensure the level of cover is comparable.

Section 9: Payment and Tax Invoice

ONCE PAID GST#85-859-579

Registration Fee (from section 3). If operating at a REPs Registration Exercise Facility, the fee is \$289.00. For all others, the fee is \$406.00.	<input type="checkbox"/> \$289.00 OR <input type="checkbox"/> \$406.00	BOX A
Experience and Verification Fee	<input checked="" type="checkbox"/> \$70.00	BOX B
Application fee: The standard application fee is \$115.00. First time registration applications pay a fee of \$57.50 (half the full application fee).	<input type="checkbox"/> \$57.50 First time registrations only OR <input type="checkbox"/> \$115.00 Full application fee (for all other applications where REPs registration has expired previously)	BOX C
Urgent Processing Fee (7 working day processing - tick if required)	<input type="checkbox"/> \$50.00	BOX D
Total Fee (please add the values together in Box A, B, C and D)	\$	BOX E

Section 10: Payment Details**Select ONE of the 3 payment options**
 1. Credit Card Payment
Visa/Mastercard only

Card Number

Expiry __ __ / __ __

Security Code

(3 digits on signature panel)

Signature of Card Holder :

Name of Card holder:

I authorise REPs to charge my credit card with

FROM BOX E

\$

 2. Payment to REPs Bank Account.

Please make payment for the total fee to account number 12-3148-0121312-02 with your surname, first name and city as reference. Payment is to be made on the day the form is sent to REPs.

 3. Monthly Payments

(please download the forms from reps.org.nz/dd. Simply post the payment agreement and DD form to REPs).

Section 11: Terms and ConditionsI wish to apply for REPs registration and agree (**please read carefully**):

- To follow the REPs Code of Ethical Practice (a copy can be downloaded at www.reps.org.nz) and to be bound by any REPs complaints process
- That all information provided on this form is accurate and true.
- That REPs has permission to contact any third party to verify any details of my registration application. To also allow REPs to pass on any contact details to third parties that provide services (e.g. Australian Fitness Network, PT Council, Skills Active etc.), and for them to contact me.
- To undertake any audits or reviews REPs may undertake to verify my level of registration and/or competencies.
- To allow REPs to disclose to third parties my registration status, and any reasons for non-registration.
- To undertake any identified training or assessment at my own cost that REPs identifies as needed to maintain registration.
- For those with insurance, REPs reserves the right to change insurer at any time. This may result in changes to the terms and condition of the cover, but REPs will ensure the level of cover is comparable.
- To make payment of the registration fee to REPs. Payment is for application, not acceptance. Refunds are not given for unsuccessful registrations.
- That all online forms completed in my name that correctly provide my date of birth and email address (the current address as notified to REPs) will be binding. I also agree to be bound by any electronic boxes.
- To keep my Comprehensive Workplace First Aid, or CPR certificate current at all times.
- To undertake sufficient Continuing Professional Development (CPD). Currently 10 CPD Points are required each registration year.
- To maintain a current email address at all times, and receive all email communications from REPs.
- All payments for registration are for 12 months, and refunds are not given for change of mind, unsuccessful registration, or failure to meet registration standards. As the registration years runs from 1 October to 30 September, applications received part way through this period still pay for a full year, and receive a credit equal to the unused months which is applied on 1 October (e.g. a person registering on 1 March 2017 pays for a full 12 months, and first reregisters on 1 October 2017, with a 5 month credit. There are no refunds if the credit is not used at the first re-registration).
- This agreement is between the applicant as detailed in section 1, and the New Zealand Register of Exercise Professionals limited.

By signing here I agree to the terms and conditions above

Signed:

Date:

 / /
Sending your application**PLEASE SEND YOUR COMPLETED APPLICATION (PAGES 1 TO 5) TO REPs IN THE FOLLOWING WAYS:****Postal Address:** REPs PO Box 22374, Christchurch 8140**Email and scan:** info@reps.org.nz

Section 12: Detailed Qualification Requirement

Level: Exercise Specialist

1. Qualification requirement

An individual at the level of expertise for Exercise Specialist will hold an undergraduate degree or equivalent with at least the specific exercise science content as per the schedule below*. Note that the degree does not necessarily need to be specifically in exercise science; it is acknowledged that many general sport and exercise degrees contain substantial exercise science content even if not obviously apparent in the title of the degree.

2. Experience requirement

An Exercise Specialist is expected to work in the health and fitness industry as a specialist personal trainer with considerable experience (minimum 500 hours# over a minimum of 2 years as a personal trainer) and knowledge. In addition to the expectations and competencies of Exercise Assistant, Exercise Consultant (I and II) and Personal Trainer levels they are endorsed to perform the activities as detailed in the descriptor column on the table following:

- Prescribe personalised physical or health rehabilitation services
- Undertake fundamental movement competency screening
- Perform advanced fitness testing
- Provide comprehensive personalised exercise prescription
- Provide sports specific exercise prescription
- Give general nutrition or dietary advice to clients on fat loss, muscle gain and general health

#A self-logged account or statement verified by employer and or clients. A minimum of 100 hours (total) of experience with a combination of at least four of the population groups nominated in section 4b below is compulsory.

Every person applying for registration at this level will be contacted by an 'assessor' who would verify that the individual has the competencies and experience expected. This would also involve direct contact with the end users (clients) of the person applying for registration.

Exercise Specialists are **not** endorsed to:

- Prescribe rehabilitation programmes for high risk populations unless under the guidance of a rehabilitation specialist such as a clinical exercise physiologist or medical practitioner.
- Provide exercise assessments on high risk populations, such as cardiovascular stress testing
- Provide individualised nutritional advice for special populations unless under the guidance of a registered dietician
- Diagnose disease
- Diagnose musculoskeletal conditions

3. Degree content requirements

*Specific exercise science content must comprise of at least 225 points total within a degree and include each of the following at the specified academic credits and level (or equivalent):

- Detailed musculoskeletal anatomy (minimum 15 credits level 5)
- Human physiology (minimum 15 credits level 5)
- Fundamental biomechanics (minimum 15 credits level 5)
- Applied biomechanics (minimum 15 credits level 6)
- Exercise physiology (minimum 15 credits level 5)
- Fundamental exercise prescription for resistance training, cardiovascular conditioning, flexibility (minimum 15 credits level 5)
- Applied exercise prescription (minimum 15 credits level 6)
- Fitness assessment (minimum 15 credits level 5)
- Nutrition (minimum 15 credits level 5)
- Symptomatic populations patho-physiology, recommendations and contraindications (minimum 15 credits level 6)
- Sports conditioning (minimum 15 credits level 6)
- Exercise psychology (minimum 15 credits level 6)
- Physical activity and health promotion (minimum 15 credits level 6)
- Exercise science research methods and analysis (minimum 30 credits level 7)

It is recognised that the above content may exist discreetly across a variety of papers / modules / courses within a degree rather than as specifically nominated topics. In such cases, evidence should be provided to detail approximate total point value of each topic area. Additionally, some point may be embedded in other content, for example research methods may underpin all higher-level papers and thus be delivered in specific context. Where such content is demonstrable the total points needed may be less than 225.

4. An Exercise Specialist will have the following knowledge and competencies:

a. Evidence based, inter-professional practice

- Underpins their practice by accessing, consuming and critically evaluating a broad range of health and fitness research literature
- Understands the scope of practice for a range of allied health professionals and how inter-professional networks mutually compliment professional practice
- Applies knowledge and understanding to recognise, assess and refer on appropriate clients to a other health professionals as required
- Understands and can articulate their own scope of practice

Level: Exercise Specialist cont.



b. Exercise for symptomatic and special populations

The criteria below refer specifically to the following:

- Diabetes, types I and II
 - Cardiovascular disease
 - Hypertension
 - Osteoarthritis
 - Rheumatoid arthritis
 - Respiratory conditions
 - Obesity
 - Osteoporosis
 - Pre adolescents and adolescents
 - Ante/post natal clients
 - Older adults
- Can identify risk factors for conditions that require consultation with a medical practitioner and rehabilitation specialist before exercise prescription
 - Applies and interprets screening tools to determine the suitability of exercise and physical activity interventions for symptomatic and special populations (risk stratification)
 - Understands how the structure and function of basic body systems are affected by disorders and disease (patho-physiology)
 - Has detailed knowledge of disease-specific signs and symptoms increasing the risk of complications during exercise
 - Selects appropriate fitness tests or modifies standard protocols to accommodate monitoring of symptomatic and special populations
 - Understands the effects of commonly prescribed medications on exercise response and adaptation
 - Prescribes safe and appropriate physical activity and exercise (endurance and resistance) programmes for symptomatic and special populations based on condition specific recommendations and contraindications

Understands the role for exercise and physical activity participation in the prevention of diseases

c. Anatomy, physiology, biomechanics

- Has detailed knowledge of human anatomy, physiology and biomechanics and how such knowledge underpins effective programming practice for:
 - Resistance training
 - Cardiovascular training
 - Flexibility
- Understands the physiological responses and adaptations of the neuromuscular, cardiovascular, respiratory and endocrine systems to exercise and training and how such knowledge underpins effective programming practice for:
 - Resistance training
 - Cardiovascular training
 - Flexibility

d. Motivation, adherence and exercise behaviour

- Understands the theories and principles of motivation and adherence to exercise at the individual level
- Applies and evaluates psychological principles to understand client behaviour in a physical activity/exercise setting

e. Nutrition and body composition

- Understands basic principles and concepts of nutrition and how they relate to exercise and general health
- Applies basic dietary assessment methodologies, and can explain the nutritional requirements for muscle hypertrophy and fat loss
- Understands the role of nutrition in health and wellbeing, and in the reduction of the incidence of lifestyle diseases

f. Physical Activity and Health Promotion

- Can describe national health trends and key strategies implemented to remedy identified issues

g. Exercise prescription and assessment

- Can perform fundamental movement competency (dynamic posture) analysis and customize exercise prescription accordingly
- Has advanced applied knowledge of exercise prescription including exercise modality options and programme design
- Has advanced applied knowledge of resistance training techniques and the ability to safely and effectively coach them
- Can design and implement a sports specific periodised programme
- Understands the biomechanical demands, muscle actions, motor skills and role of energy systems in different sports and their relevance to designing effective sports conditioning programmes

Can safely and effectively conduct a range of fitness assessments of all components of fitness, appropriate to the client, and use the results to inform programming practice