

International Fitness Registers and Standards Mapping Summary Matrix



This document provides the mapping summary for the main REPS categories on each register it refers to “outgoing” instructors moving to the other countries.

Australia				
Australia REPs categories	UK	New Zealand	Europe	South Africa
Personal Trainer	Level 3 Personal Trainer	Personal Trainer	Level 4 Personal Trainer	Level 5 or 6 Personal Trainer
Gym Instructor	Level 2 Gym	Exercise consultant Level 2	Level 3 Fitness instructor	Level 4 Gym Instructor
Group Exercise Freestyle	Level 2 ETM	Group Exercise choreographed	Level 3 Group Exercise	Level 5 Exercise to Music Instructor

Notes: **Australian** standards are comprehensive and there are no significant gaps to the UK, New Zealand or Europe standards. Also recognition for Children’s instructor and Older Adult Instructor as Personal Trainer Level 6

UK				
UK REPs categories	Australia	New Zealand	Europe	South Africa
Level 2 Gym	Gym Instructor	Exercise consultant Level 2	Level 3 Fitness Instructor	Level 4 Gym Instructor
Level 2 Exercise to Music	Group Exercise freestyle	Group exercise - choreographed	Level 3 Group Exercise	Level 5 Exercise to Music Instructor
Level 3 Personal Trainer	Personal Trainer (with CECs required in business skills)	Personal Trainer (with CECs required in business skills)	Level 4 Personal Trainer	Level 5 Personal Trainer

Notes: **Australia.** Some gaps were identified in the UK standards compared to Australia – particularly in areas of specific populations, Australian guidelines for healthy eating, legislative requirements for healthy eating and client assessment. The gaps were not deemed sufficient to be a barrier to reciprocal agreement. The gap in client assessment/ testing will be reviewed in the light of a new Australian screening system in development. Personal trainer recognition has only been granted if PTs undertake business skills continuing education within the two years of registration.
New Zealand. Only major gap is business skills in personal trainer and this will need to be filled with continuing education within first year of membership.

New Zealand				
New Zealand REPs categories	Australia	UK	Europe	South Africa
Group Exercise choreographed plus Exercise Consultant level 1	Group exercise freestyle	Level 2 ETM	Level 3 Group Exercise	Level 5 Exercise to Music Teacher
Exercise consultant – Level 2	Gym Instructor	Level 3 Personal Trainer	Level 4 Personal Trainer	Level 4 Gym Instructor
Personal Trainer (employee and contractor)	Contractor gives Personal Trainer Employee gives Gym Instructor	Level 3 Personal Trainer	Level 4 Personal Trainer	Level 5 Personal Trainer

Notes: All **New Zealand** agreements are valid for one year while new standards are developed and greater alignment with SkillsActive NZ standards may take place. In 2012 confirmation will be required that Exercise Consultant level 2 matches to personal trainer in UK and Europe. Current confirmation of coverage of UK personal trainer to be sent from REPs assessor.

Europe				
Europe REPs categories	Australia	UK	New Zealand	South Africa
Level 3 Fitness Instructor	Gym Instructor	Level 2 Gym (need to fill gap in older adult, disability, 14-16)	Exercise consultant level 2	Level 4 Gym Instructor
Level 3 Group Fitness Instructor	Group Exercise Instructor	Level 2 ETM (need to fill gap in older adult, disability, 14-16)	Group fitness choreographed	Level 4 ETM
Level 4 Personal Trainer	Personal Trainer (CECs required in business skills)	Level 3 Personal Trainer (need to fill gap in older adult, disability, 14-16)	Personal Trainer (CECs required in business skills)	Level 5 Personal Trainer
<p>Notes: Australia. Some gaps were identified in the Europe standards compared to Australia – particularly in areas of specific populations, Australian guidelines for healthy eating, legislative requirements for healthy eating and client assessment. The gaps were not deemed sufficient to be a barrier to reciprocal agreement. The gap in client assessment/ testing will be reviewed in the light of a new Australian screening system in development. Personal trainer recognition has only been granted if PTs undertake business skills continuing education within the first year of registration.</p> <p>New Zealand. Only major gap is business skills in personal trainer and this will need to be filled with continuing education within first year of membership.</p> <p>UK. Agreements have already been made with the only gap to fill in special population areas</p> <p>European Group Fitness have to have freestyle exercise to music competences to be recognised in other countries.</p>				

South Africa				
South Africa REPs categories	Australia	UK	New Zealand	Europe
Level 5 Personal Trainer	Personal Trainer (CECs on business risk management to be taken in 1 st year)	Level 3 Personal Trainer	Personal Trainer Contractor	EQF Level 4 Personal Trainer
Level 5 ETM Instructor	Group Exercise Freestyle	Level 2 ETM	Group Exercise Choreographed	EQF Level 3 Group Fitness Instructor
Level 5 Pilates Instructor	Nothing	Level 3 Pilates Instructor	Nothing	EQF Level 3 Group Fitness Instructor
Level 6 Personal Trainer	Personal Trainer plus children's instructor or older adults instructor if those electives taken	Level 3 Personal Trainer plus older adults, disability and ante/post natal if those electives taken	Personal Trainer Contractor	EQF Level 4 Personal Trainer
Notes: No portability for Level 4 Gym Instructor or Level 4 ETM Instructor				

Updated September 2012