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Media Release – New Evidence Based Exercise Pre-Screen Tool Raises NZ Standards

From: NZ Register of Exercise Professionals



New Evidence Based Exercise Pre-Screen Tool Raises NZ Standards

REPs has released its evidence-based pre-screening tool to deliver high quality care to the NZ exercising public, and further encourage collaboration with allied health professionals.

New Zealanders seek advice and services regularly from the exercise industry to positively impact their health and exercise. In order to establish a safe and effective exercise programme, an evidence-based process is required so that risk factors can be discovered and managed.

At the recent FitEx conference for the exercise industry, the New Zealand Register of Exercise Professionals (REPs) launched New Zealand's first ever evidence-based pre-screening tool and best practice guide for exercise professionals. The system provides a cutting-edge new tool to deliver high quality pre-screening and exercise programme development. In the hands of REPs Registered Professionals, this tool will enhance the health benefits of structured exercise through a comprehensive screening process.

The NZ exercise industry provides a diverse range of exercise solutions, provided by qualified and skilled professionals. However, not all exercise providers are created equal. Unfortunately as there are providers of exercise advice in New Zealand who are not qualified and appropriately trained, and this can lead to at best, a lack of results, and at worst, injury and other negative health outcomes for the exerciser.

The exercising public deserves to get the appropriate care and information based on their individual needs and health history to exercise safely. For too long the pre-screening process undertaken prior to commencing structured exercise in New Zealand has been inconsistent, at best.

Developed by Dr Nigel Harris and Dr Lance Dalleck who have extensive background and expertise in exercise research and pre-screening, the REPs pre-screening tool is available exclusively for REPs Registered Professionals and Facilities to screen clients with a range of health and medical conditions. The system is comprehensive and for example, includes guidance on exercise and medication interactions, and the recommended modifications to exercise programmes based on the medications taken.

The implementation of this resource will mean that prior to receiving exercise advice, the NZ public will have the opportunity to go through a consultation process with a registered professional to ensure an exercise programme is developed to meet their exact needs. This process differs from many pre-screening forms that merely sign off risk. The new system includes a process for referral to a GP should medical clearance be required.

As our industry continues to raise standards, and provide a high level of professionalism, there has been a strong need for a comprehensive evidence-based pre-screen system, so this is a welcome development. The screening package has been designed to ensure increased safety for the exercising public, while also maintaining the effectiveness of the exercise prescription process.

The upshot of this is that anyone exercising with a REPs Registered Exercise Professional who uses the new system, will be maximising their opportunity to receive both safe and effective exercise advice. And that's good news for everyone.

Contact Details:

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Who is the NZ Register of Exercise Professionals (REPs)?

REPs is an independent non profit organisation administrating the New Zealand exercise professionals register to ensure that the public receive safe and effective exercise advice.

Using REPs Registered Exercise Professionals is the "Warrant of Fitness Check" that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 70,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - www.icreps.org

