

REPS✓

LEVEL REQUIREMENTS



Foundation Level Requirements

This form is used to assist individuals completing the *Application for Registration as an Exercise Professional* form.

This form outlines the requirements for registration at the foundation level. This can be used to assist individuals applying for registration in determining which level of registration to apply for. Detailed descriptors for each level form the basis of how courses and individuals are assessed.

All exercise professionals are required to work within their own scope of practice.

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

Foundation
Level Requirements

- Exercise Assistant
- Group Fitness

Exercise Prescription
Level Requirements

- Exercise Consultant
- Personal trainer

Exercise Specialist
Level Requirements

Yoga New Zealand
Scope of Practice

Pilates Aotearoa Scope
of Practice, Code of
Conduct for Individual
Members

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A member of:

iCREPS
INTERNATIONAL CONFEDERATION OF
REGISTERS FOR EXERCISE PROFESSIONALS

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 exercise 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

- Have an understanding of basic anatomy and exercise physiology
- Demonstrate basic exercise techniques to a group
- 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 practicing certificate
- 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 programme 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 These programs will be written by an exercise professional registered at "Exercise Consultant: Exercise Consultant Level 2" or above



Exercise Prescription Level Requirements

This form outlines the summary requirements for registration at the **Exercise Prescription 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.

Group Coach/Trainer (under development)

Individuals at this level

Qualification requirements:

- Exercise Fundamentals Microcredential Level 4 (NZQA listing [click here](#)), or
- Any qualification that achieves Personal Trainer level on the REPS framework

Scope of Practice:

- Deliver (coach) a pre-designed workout in a group training setting. Industry examples would be F45, BFT, 9 Rounds etc.
- This level does not prescribe/create the workouts
- This level is not exercise to music (do as I do)
- This level does not provide Personal Training sessions, although the Exercise Fundamentals Microcredential can be used as an entry point to the PT industry under limited scope if achieved as part of an NZ Certificate in Exercise Level 4.

Exercise Prescription: Exercise Consultant Level 1

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, and have a current First Aid certificate.

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:

- Apply appropriate pre-screening techniques that
 - Determine if a person is suitable for exercise
 - Determine the direction towards an appropriate generic exercise program
- Recommend and demonstrate an appropriate exercise program based on pre-screen and identified needs¹
- Ensure all advice given is consistent with ACSM and NZHF guidelines
- Prescribe to special needs groups as long as there is a pre-written generic program specifically for that special needs group, and there is no special circumstances for that client (e.g. a generic post natal program may be given, as long as one exists, but not if for example that client has had a caesarean)
- Ability to identify issues outside of the competency of the instructor and refer on to appropriate registered professional (within REPs at a higher level, a health professional, or other professional such as dietician). Specifically, but not limited to, the following examples: Special needs, Advanced needs, Health or Physical Rehabilitation (post operation of major injury)
- Supply clients with generic nutritional information
- Provide basic generic fitness testing (such as blood pressure, fat %, simple flexibility and sub maximal fitness tests)

This level is not endorsed under this registration system to:

- Design pre-screening forms
- Write generic programs
- Personalise programs
- Undertake advanced or personalised testing
- Give personalised nutritional or dietary advice
- Undertake Personal Training sessions

¹ These programs will be written by an exercise professional registered at "Exercise Consultant: Exercise Consultant Level 2" or above

Exercise Prescription: Exercise Consultant Level 2

PREREQUISITE: To reach this level individuals must meet the requirements of *Exercise Consultant Level 1* (including prerequisites) PLUS have undertaken one hundred hours work experience in a exercise 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:

- Personalise any programmes given
- Design pre-screening forms
- Write generic programmes for use by Exercise Consultant Level 1 Exercise professionals
- Provide individualised fitness testing
- Have extended knowledge of functional anatomy and exercise physiology
- Work with and personalise programmes for special needs and advanced needs clients, up to but not including health/physical rehabilitation and advanced sports conditioning
- Work with clients requiring health rehabilitation and/or physical rehabilitation under the guidance of a registered health professional or an individual registered with REPs at the 'Specialist' level
- Work with clients requiring specific and advanced sports conditioning under the guidance of an Exercise professional registered at an "Advanced" level or registered Sports Scientist Level ² in physical conditioning (through SSNZ)
- Give personalised nutritional advice under the guidance² of a registered nutritionist or dietician

This level is not endorsed under this registration system to:

- Provide physical or health rehabilitation
- Undertake postural analysis
- Provide personalised nutritional advice
- Undertake Personal Training sessions

Exercise Prescription: Personal Trainer

PREREQUISITE: To reach this level, individuals must also meet the requirements of *Exercise Consultant Level 2* (including prerequisites) and also have undertaken at least one hundred hours, over at least a six month period of work, at the *Exercise Consultant Level 2* level.

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:

- attract and keep clients
- keep business records
- understand and apply relevant consumer law
- undertaken business planning, including cashflow forecasting and financial management, or able to show that they have this process managed externally

This level is not endorsed under this registration system to:

- Provide physical or health rehabilitation
- Undertake postural analysis
- Provide personalised nutritional advice

NB: Individuals that are Personal Trainers with an employment relationship with the exercise facility they operate from may register as a sub level of this registration – "Personal Trainer – Employee". Under this registration individuals do not need to meet the last criteria (business planning etc) and also receive a discounted registration fee, and do not receive the insurance (as the facility's insurance would cover employees).

² The exact form of this guidance is at the discretion of the nutritionist or dietician. This could be the nutritionist/dietician views/approves each and every piece of dietary advice given on an individual basis, through to approving a "process" establishing criteria and boundaries that the registered exercise professional may operate within. In all cases the registered exercise professional should have this approval process documented and signed by the dietician/nutritionist.



Exercise Specialist Level Requirements

1. Qualification requirement

An individual at the level of expertise for Exercise Specialist will hold a New Zealand issued undergraduate degree or equivalent with at least the specific exercise science content. 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 exercise 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 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 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 will 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:

4a. 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.

4b. 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

4c. 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

4d. 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

4e. 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

4f. Physical Activity and Health Promotion

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

4g. Exercise prescription and assessment

- Can perform fundamental movement competency (dynamic posture) analysis and customise 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.



Yoga New Zealand

Scope of Practice



A yoga teacher has qualifications, specialised skills and knowledge in the application of Yoga.

Yoga teachers are registered by Yoga New Zealand, as a level 1-4 teacher or therapist per the requirements outlined here. Registered yoga teachers agree to adhere to professional ethics, guidelines and codes relating to the practice of yoga teaching in New Zealand.

Yoga Teaching

A yoga teacher is qualified to liaise with other health professionals to:

- Receive and provide referrals from and to other appropriate healthcare providers. Be part of a multi-disciplinary team when necessary.
- Engage with medical or allied health professionals (when appropriate) and use best practice referral/feedback processes to optimise client health and wellbeing outcomes.

A yoga teacher is NOT qualified to:

- Advise about other health treatment modalities other than referring clients to appropriate personnel or services.
- Request diagnostic tests or procedures unless suitably qualified or interpret raw diagnostic test results.
- Prescribe medication, nutritional supplements or herbs from Western or traditional medical methods such as Chinese medicine or Ayurveda, unless otherwise suitably qualified.
- Advise about ceasing prescribed medication.
- Perform any invasive procedures.
- Judge or make recommendations about any other form of advice or treatment from another healthcare professional.
- Work with clients presenting with issues outside the teacher's areas of competence.
- Advertise themselves as beyond the scope of yoga teaching unless they hold other qualifications
- Diagnose a medical condition.
- Make false claims about yoga's therapeutic and healing capacities.

A yoga teacher is qualified to have an appropriate understanding of health and health systems to:

- Be informed by diagnosis provided by other health professionals qualified to do so.
- Have a basic understanding of transference and counter-transference.

A yoga teacher is qualified to work from a yoga educational framework:

- Work within the scope of a yoga teaching qualification with a variety of physical, emotional, mental and spiritual health presentations.
- Offer an integrated set of practices aligned to the needs of the individual and according to yoga models of health such as, but not confined to, the pancamaya kosha (dimensions of the human system) and guna (fundamental forces of nature).
- Include yoga practices such as asana (postures), pranayama (breathwork), relaxation, meditation, mudra (energetic gestures and seals), banda (energy locks), mantra (sacred sounds), bhavana (imagery), sankalpa (affirmation/intention), yogic lifestyle and nutrition advice according to a yoga framework, education in yoga philosophy, and other practices steeped in the yoga tradition and for which the teacher has received appropriate training, certification and registration.

Yoga Teaching may occur in the following settings:

- Individualised yoga teaching that occurs in a one to one setting.
- A group yoga class consisting of people with a variety of conditions.
- Individual modifications will be given and individual assessment provided prior to class entry.



Pilates Aotearoa Scope of Practice and Ethics for Individual Members

The Code of Conduct (“Code”) sets out the principles of practice for Individual Members of Pilates Aotearoa.

1. All registered individual members of Pilates Aotearoa will, as a part of their membership, be always bound by the provisions of the Code and each be expected to adhere to the Code.
2. The Code has been written in order to enhance and preserve the integrity and reputation of the profession. The Code cannot list every possible situation that you will face in practice.
3. “Scope of Practice” means applying what you have learned from any Pilates education provider in terms of knowledge, understanding and application after you have completed your training and have been assessed as proficient to deliver Pilates exercise to the public. An individual member of Pilates Aotearoa will be registered as one, or a combination of the following: Pilates Mat Teacher, Fitness Pilates Instructor, Fitness Pilates Reformer. Once registered, you must work within your Scope of Practice, outlined below.

Individual Members of Pilates Aotearoa commit to work *within* the following scope:

Fitness Pilates Instructors and Pilates Method Teachers undertake to maintain the highest levels of safety in practice and instruction of the Pilates Method, in accordance with their level of training.

Fitness Pilates Instructors and Pilates Method Teachers observe safe client to instructor/teacher ratios taking into account the level and experience of the instructor/teacher, environment and available space, and physical conditions of the clientele.

Fitness Pilates Instructors and Pilates Method Teachers must familiarise themselves with, and encourage the use of the pre-exercise screening form for all new clientele and take note of the relevant information pertaining to the clients taking part in the Pilates session(s).

In addition, the following are considered to be within the scope of practice of a Fitness Pilates Instructor and Pilates Method Teacher:

1. Undertake an initial consultation process to educate clients on the benefits of the Pilates Method, its suitability to the client’s needs and the nature of Pilates instruction.
2. Provide ongoing assessment and progression, document client progress where appropriate, and collaborate with medical or allied health professionals to achieve the best outcome for the client.
3. Recognise conditions and red flags that would preclude a client from safely participating in a Pilates exercise programme.
4. Conduct postural assessments and identify common postural conditions and postural corrections.
5. Use evidence-based Pilates methods to design Pilates exercise programmes according to each client’s needs or in the small group context.

6. Ask permission and use appropriate touch if consent is given to facilitate movement, position the client, and prevent injury or damage.
7. Coach, provide general information, and direct clients to seek medical attention as necessary.
8. Ask for exercise guidelines and clearance from medical and allied health practitioners, when appropriate, to ensure client safety.
9. Promote exercise to improve overall health and in line with physical activity guidelines.
10. Use a range of Pilates apparatus including but not limited to the Pilates Reformer, Cadillac, Wunda Chair, Barrels plus small props (e.g. rollers, balls etc.).

The following is *beyond* the scope of practice of a Fitness Pilates Instructor and Pilates Method Teacher:

1. “Diagnosing” a client with any medical, mental or physical condition.
2. “Prescribing” an exercise programme for pathologies and conditions outside the scope of a Pilates Method Teacher or Fitness Pilates Instructor without consultation with an appropriate medical or allied health professional, unless other qualifications or credentials allow for this.
3. Claiming to “treat” or “rehabilitate” injury or disease, unless other qualifications or credentials allow for this.
4. Claiming to be competent to offer professional education beyond the limits of your credentials.
5. Not asking for appropriate touch consent or applying an inappropriate touch.
6. Continuing to train a client with a condition that is beyond their knowledge or who exhibits any red flags (for example symptoms and signs of stroke, spinal cord injury, cauda equina syndrome, infection, and cancer), without appropriate medical clearance.

Please note that this is not an exhaustive list, but a common-sense approach is recommended to practice within the boundaries of your certification or qualification.

