

## BCRPA Weight Training Leader

Based on BCRPA Standards and NFLAC Guidelines, the BCRPA Weight Training Leader is able to:

- Provide initial health screening (ie. PAR-Q).
- Design, modify and instruct safe, effective and appropriate basic/orientation exercise programs to meet the needs of apparently healthy individuals or special populations who have received medical clearance\* in a weight room setting.
- Provide weight room monitoring and equipment orientation.
- Ensure a safe exercise environment utilizing standard screening tools.
- In order to work with Special Populations, a BCRPA Weight Training Leader must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with clients who have conditions that the Fitness Leader is not specifically accredited to address.

## BCRPA Osteofit Leader

Based on BCRPA Standards, and BC Women's Health Centre's guidelines, the Osteofit instructor is able to:

- Provide initial health screening (ie. The PAR-Q).
- Design, modify and instruct safe, effective and appropriate fitness programs to meet the needs of apparently healthy individuals or special population who have received medical clearance\* in a group fitness or weight room setting.
- Lead exercise sessions that are based on BCRPA standards and BC Women's guidelines.
- Incorporate the use of appropriate equipment based on specialized training and the needs of the participants.

- Ensure a safe exercise environment utilizing standard screening tools.
- Provide basic nutritional information based on Canada's Guide to healthy Eating. Participant's requests for advanced nutritional information should be referred to a qualified nutrition professional.
- In order to work with Special Populations\*, the Osteofit instructor must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Osteofit instructor is not specifically accredited to address.

### DEFINITIONS:

\*Special populations: Seniors, youth, pre/post natal women and any person with a disease or disorder (i.e., osteoporosis, arthritis, etc.).

\*Medical Clearance: Medical clearance given to an individual to participate in a non-specialized (general) exercise program. Fitness leaders must ensure that they comply with the terms of such clearance as indicated by the medical practitioner regarding these individuals.

\*Advanced programming: Any programming outside the realm of instruction taught in a BCRPA-approved course.

\*Further competencies: Additional competencies obtained through an accredited and approved health organization (i.e., \*Arthritis Society, Heart and Stroke Foundation, BCFACA, etc.).

\*NFLAC: National Fitness Leadership Advisory Council.

*Specialty-designation Scopes of Practice are currently under development and will be available through the BCRPA office in the future.*

***"Fitness Leaders must provide initial health screening (ie. PAR-Q) and obtain preauthorization for additional competencies through BCRPA and advise HUB International TOS Limited in order to maintain valid insurance coverage."***

## SCOPE OF PRACTICE

### Group Fitness, Aquatic Fitness, Yoga Fitness, Weight Training and Personal Training

The Scope of Practice identifies the range of responsibilities for BCRPA-registered fitness leaders in each Specialty Module/Designation.



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## **BCRPA Personal Trainer**

Based on BCRPA Standards and NFLAC Guidelines, the BCRPA Personal Trainer is able to:

- Design and instruct a comprehensive, individualized, safe, effective and appropriate program to meet the needs of apparently healthy individuals or special populations who have received medical clearance \* based on the information provided in the Personal Training course.
- Ensure a safe exercise environment utilizing standard screening tools and obtain appropriate insurance coverage.
- Provide initial health screening (ie. PAR-Q), monitor progress and make regular adjustments to programs as needed.
- Design short-and long-term programs based on BCRPA standards and NFLAC guidelines.
- Provide basic nutritional information based on Canada's Guide to Healthy Eating. Client requests for advanced nutritional information should be referred to a qualified nutrition professional.
- In order to work with Special Populations, a BCRPA Personal Trainer must obtain specialized training and consult with appropriate health care professionals. Advanced programming\* requires further competencies.\*
- Refer to appropriate health care providers when dealing with clients who have conditions that the Personal Trainer is not specifically accredited to address.
- Act as a consultant/educator based on the BCRPA Standards/Code of Ethics and NFLAC guidelines.

## **BCRPA Group Fitness Leader**

Based on BCRPA Standards and NFLAC Guidelines, the BCRPA Group Fitness Leader is able to:

- Provide initial health screening (ie. PAR-Q).
- Design, modify and instruct safe, effective and appropriate fitness programs to meet the needs of apparently healthy individuals or special populations who have received medical clearance\* in a group fitness setting.
- Lead exercise sessions that are based on BCRPA standards and NFLAC guidelines.
- Incorporate the use of appropriate equipment based on specialized training and the needs of the participants.
- Ensure a safe exercise environment utilizing standard screening tools.
- In order to work with Special Populations\*, a BCRPA Group Fitness Leader must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Fitness Leader is not specifically accredited to address.

## **BCRPA Aquatic Fitness Leader**

Based on BCRPA Standards and NFLAC Guidelines, the BCRPA Aquatic Fitness Leader is able to:

- Provide initial health screening (ie. PAR-Q).
- Design, modify and instruct safe, effective and appropriate fitness programs to meet the needs of apparently healthy individuals or special populations who have received medical clearance\* in an aquatic setting.
- Lead exercise sessions that are based on BCRPA standards and NFLAC guidelines.

- Incorporate the use of appropriate equipment based on specialized training or the needs of the participants.
- Ensure a safe exercise environment utilizing standard screening tools.
- In order to work with Special Populations, a BCRPA Aquatic Fitness Leader must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Fitness Leader is not specifically accredited to address.

## **BCRPA Yoga Fitness Leader**

Based on BCRPA standards, the BCRPA Yoga Fitness Leader is able to:

- Provide initial health screening (ie. PAR-Q).
- Design, modify and instruct safe, effective and appropriate beginner yoga fitness programs to meet the needs of apparently healthy individuals or special populations who have received medical clearance\* in a fitness yoga setting.
- Lead exercise sessions that are based on BCRPA standards.
- Incorporate the use of appropriate equipment based on specialized training and the needs of the participants.
- In order to work with Special Populations\* a BCRPA Yoga Fitness Leader must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Yoga Fitness Leader is not specifically accredited to address.
- Exclusions include Bikram style of Yoga classes and Inversion asanas.