

GROUP EXERCISE INSTRUCTOR	An exercise professional / fitness practitioner responsible for leading a planned exercise class with or without music
Range (includes but is not limited to)	Aerobic-based, Indoor Cycling, Yoga-based, Pilates mat-based, Dance-based, Aqua, Boxing-based, Martial Arts-based, etc
Competency and scope of practice	UNIT STANDARDS: ID, title, NQF level and credits
A. Choreograph Classes:	
1. Apply basic knowledge of anatomy and physiology, according to exercise modality	243297 : Apply KO anatomy & Physiology NQF level 4; 5 credits
2. Select, interpret and use appropriate music according to class type and exercise modality	
3. Lead exercise class according to plan and club timetable	
4. Provide safe and effective warm up and cool down	
5. Regress and progress exercises and exercise classes	
B. Leadership and Communication	
1. Instruct class with the use of effective motivation and leadership skills	OR 10222 : Lead and instruct exercise programmes for individuals and groups to music NQF level 5; 10 credits
2. Lead and instruct exercise with the use of effective visual and verbal communication skills	
3. Use voice, microphone and music equipment in accordance with class type and class goals	
4. Use voice, microphone and music equipment in consideration of own vocal safety and effective voice projection	
5. Conduct oneself in a confident and professional manner	
C. Health & Safety:	
1. Provide safe and effective exercises according to exercise modality	
2. Ensure health & safety of the exercise environment	
3. Ensure safe use of exercise accessories and equipment during exercise classes	
Outside scope of practice	Total credits: 15
<ul style="list-style-type: none"> Personalised exercise programmes and/or one-on-one personal training Risk screening, assessment and fitness testing Providing nutritional advice/guidelines Rehabilitation programmes Exercise for Special populations 	

FITNESS INSTRUCTOR	An exercise professional / fitness practitioner responsible for orientating members into an exercise setting; able to induct members and supervise members exercise sessions from a pre-designed exercise programme
Competency and scope of practice	UNIT STANDARDS: ID, title, NQF level and credits
A. Plan and Instruct Classes:	
1. Apply basic knowledge of anatomy and physiology, according to exercise modality	243297 : Apply knowledge of anatomy and physiology to exercise training NQF level 4; 5 credits
2. Lead exercise session according to pre-designed plan and/or club timetable	258725 : Instruct exercise to individuals and groups NQF level 4; 10 credits
3. Provide safe and effective warm up and cool down	
4. Regress and progress exercises and sessions	
5. Select appropriate pre-designed exercise programmes in accordance with client's abilities, needs and goals	
B. Leadership and Communication:	
1. Instruct exercise with the use of effective motivation and leadership skills	
2. Lead and instruct exercise with the use of effective visual and verbal communication skills	
3. Conduct oneself in a confident and professional manner	
C. Risk Screening:	
1. Conduct basic risk screening with PAR-Q process	243294 : Recommend an exercise programme or activity NQF level 4: 5 credits
2. Interpret a PAR-Q	
D. Health & Safety:	
1. Provide safe and effective exercises according to exercise modality	254459 : Supervise the use of a fitness facility and equipment NQF level 5; 8 credits
2. Ensure health & safety of the exercise environment	
3. Manage self and members in a fitness facility environment	
4. Maintain the fitness environment and equipment according to safety requirements	
Outside scope of practice	Total credits: 28
<ul style="list-style-type: none"> Personalised exercise programmes and/or one-on-one personal training 	
<ul style="list-style-type: none"> Assessment and fitness testing 	
<ul style="list-style-type: none"> Rehabilitation programmes 	
<ul style="list-style-type: none"> Exercise for Special populations 	
<ul style="list-style-type: none"> Providing nutritional advice/guidelines 	



PILATES Instructor	An exercise professional /fitness practitioner qualified to instruct Pilates mat-based and/or Pilates equipment-based exercise sessions to apparently-healthy populations.		
Competency and scope of practice			
A. Choreograph Classes/exercise sessions:			
1. Apply knowledge of anatomy and biomechanics to exercise	10213 : Apply Anatomical & Biomechanical Principles to Physical Activity; NQF level 5, 15 credits		
2. Apply knowledge of physiology to exercise	10210 : Apply principles of Sport and Exercise Physiology NQF level 5, 15 credits		
3. Lead mat and/or equipment-based Pilates exercise session according to plan	258725 : Instruct exercise to individuals and groups, NQF level 4; 10 credits		
4. Provide safe and effective warm up and cool down			
5. Regress and progress exercises and sessions			
6. Plan mat and/or equipment-based Pilates exercise sessions based on clients' abilities, needs and goals			
B. Leadership and Communication			
1. Instruct exercise with the use of effective motivation and leadership skills			
2. Lead and instruct exercise with the use of effective visual and verbal communication skills			
3. Conduct oneself in a confident and professional manner			
C. Risk Screening			
1. Conduct client screening	243294 : Recommend an exercise programme or activity, NQF level 4: 5 credits		
2. Interpret a PAR-Q			
3. Conduct health evaluation and postural assessment	10216 Test and evaluate health related fitness, NQF level 5, 4 credits		
4. Identify clients that are outside of scope of practice and refer accordingly			
5. Work only with apparently-healthy clients, within scope of practice			
6. Provide generic nutritional guidelines	10214 : Promote an awareness of nutritional principles, NQF level 5, 6 credits		
D. Health & Safety:			
1. Provide safe and effective exercises according to Pilates exercise modality	<i>This is covered with US 258725,</i>		
2. Ensure health & safety of the exercise environment	<i>This is covered with US 258725,</i>		
E. Business management and administration:			
1. Maintain confidentiality of clients' records	<i>US 10216, SO 4 and AC 2. "Confidentiality and integrity of information is maintained"</i>		



2. Ensure systematic records management	<i>US 10216, SO 4 and AC 1. Information is accurately recorded and stored systematically</i>
Outside scope of practice	Total credits: 55
<ul style="list-style-type: none">Working with special populations; pregnant clients, children and adolescents, athletes and/or clients who fall within moderate and high risk factors based on ACSM guidelines.	
<ul style="list-style-type: none">Working in rehabilitation, providing therapeutic exercises and providing exercise for the correction of faulty motor patterns	
<ul style="list-style-type: none">Working with acutely injured clients or members	
<ul style="list-style-type: none">Working with clients that experience chronic pain	

PERSONAL TRAINER	<p>An exercise professional /fitness practitioner qualified to provide advice and a range of exercise training programmes to apparently-healthy populations.</p> <p>Professional scope of practice includes: pre-participation risk screening, assessment and sub-maximal fitness testing, evaluation of clients' needs and goals, exercise programme design and instructing safe and effective exercise sessions.</p>
Competency and scope of practice	UNIT STANDARDS: ID, title, NQF level and credits
A. Plan and instruct classes/exercise sessions:	
1. Apply knowledge of anatomy and biomechanics to exercise programmes and training sessions	10213 : Apply Anatomical & Biomechanical Principles to Physical Activity; NQF level 5, 15 credits
2. Apply knowledge of physiology to exercise programmes and training sessions	10210 : Apply principles of Sport and Exercise Physiology NQF level 5, 15 credits
3. Lead exercise session according to a designed plan	10217 : Design exercise programmes, NQF level 5, 5 credits
4. Provide safe and effective warm up and cool down	
5. Regress and progress exercises and sessions	
6. Design exercise programmes based on clients' needs, abilities and goals	
7. Plan exercise sessions based on clients' abilities, needs and goals	
B. Leadership and communication	
1. Instruct exercise with the use of effective motivation and leadership skills	258725 : Instruct exercise to individuals and groups; NQF level 4; 10 credits
2. Lead and instruct exercise with the use of effective visual and verbal communication skills	
3. Motivate clients through agreed exercise session/s	10218 : Motivate and encourage participation in physical activity, NQF level 5, 3 credits
4. Conduct oneself in a confident and professional manner	258724 : Operate professionally in a sport, recreation or fitness environment, NQF level 4, 3 credits
C. Risk screening, assessment and fitness testing:	
1. Conduct client screening and assessment	10215 Conduct screening procedure NQF level 5, 5 credits
2. Interpret a PAR-Q	
3. Conduct health evaluation and postural assessment	
4. Conduct sub maximal fitness testing	
5. Identify clients who are outside scope of practice and refer appropriately	10216 Test and evaluate health related fitness, NQF level 5, 4 credits
6. Work only with apparently-healthy clients, within scope of practice	10214 : Promote an awareness of nutritional principles, NQF level 5, 6 credits
7. Provide generic nutritional guidelines	



D. Health & Safety:	
1. Provide safe and effective exercises according to exercise modality	254459 : Supervise the use of a fitness facility and equipment; NQF level 5; 8 credits
2. Ensure health & safety of the exercise environment	
3. Manage self and clients in a fitness facility environment	
4. Maintain own fitness environment and equipment according to safety requirements	10212 : Maintain fitness environment and equipment, level 4, 2 credits
5. Ensure injury prevention measures	10208 : Provide for safety & risk management in sport, fitness or recreation, NQF level 5, 5 credits
E. Business management and administration:	
1. Manage a fitness business in compliance with legislative requirements	14483 : Apply entrepreneurship to administration of S&F Business, NQF level 5, 5 credits
2. Maintain confidentiality of clients' records	
3. Ensure systematic records management	
Outside scope of practice	Total credits: 86
<ul style="list-style-type: none"> Working with special populations; pregnant clients, children and adolescents and/or clients who fall within moderate and high risk factors based on ACSM guidelines.) Working with or designing programmes for athletic conditioning 	
<ul style="list-style-type: none"> Working in rehabilitation, providing therapeutic exercises and providing exercise for the correction of faulty motor patterns 	
<ul style="list-style-type: none"> Working with acutely injured clients or members 	
<ul style="list-style-type: none"> Working with clients that experience chronic pain 	
<ul style="list-style-type: none"> Prescribing dietary intervention and supplementation 	

Exercise Specialist	<p>An exercise professional /fitness practitioner qualified to provide advice and a range of exercise training to apparently-healthy populations including special populations defined as pregnant clients, children and youth and/or older adults that have been cleared for exercise.</p> <p>Professional scope of practice includes: pre-participation risk screening, assessment and fitness testing, evaluation of clients' needs and goals, exercise programme design and instructing safe and effective exercise sessions.</p>	
Competency and scope of practice	UNIT STANDARDS: ID, title, NQF level and credits	
MINIMUM PRE-REQUISITE: CERTIFICATE PERSONAL TRAINING		
A. Plan and instruct classes/exercise sessions:		
1. Apply knowledge of anatomy and biomechanics to exercise programmes and training sessions	13921: Identify and describe the anatomical & bio-mechanical differences unique to special populations, NQF level 5, 10 credits	
2. Apply knowledge of physiology to exercise programmes and training sessions	13920: Identify and describe the physiological characteristics unique to special populations, NQF level 5, 5 credits	
3. Lead exercise session according to designed plan	14487: Design implement and instruct exercise for pregnancy, level 5, 20 credits 14501: Design implement and instruct exercise for children and youth, level 5, 20 credits 14484: Design implement and instruct exercise for older adults and increased risk, level 5, 20 credits	
4. Provide safe and effective warm up and cool down		
5. Regress and progress exercises and sessions		
6. Design exercise programmes based on clients' needs, abilities and goals		
7. Plan exercise sessions based on clients' abilities, needs and goals		
B. Leadership and Communication:		
1. Instruct exercise with the use of effective motivation and leadership skills		
2. Lead and instruct exercise with the use of effective visual and verbal communication skills		
3. Motivate clients through agreed exercise session/s		
4. Conduct oneself in a confident and professional manner		
C. Risk Screening, assessment and fitness testing:		
1. Conduct client screening and assessment	13922: Perform assessment and fitness tests for special populations, Level 5, 20 credits	
2. Interpret a PAR-Q		
3. Conduct health assessment and postural assessment		
4. Conduct fitness testing, according to needs and ability of client		



5. Identify clients who are outside scope of practice and refer appropriately	
6. Work only with apparently-healthy clients and special populations, within scope of practice	
7. Provide generic nutritional guidelines	13923: Advise special populations on nutritional requirements and ergogenic aids, NQF level 5, 6 credits
D. Health & Safety:	
1. Provide safe and effective exercises according to exercise modality	13924: Deal with common injuries, illness and special considerations in the context of special populations, Level 5, 10 credits
2. Ensure health & safety of the exercise environment	
3. Manage self and clients in a fitness facility environment	
4. Maintain own fitness environment and equipment according to safety requirements	
5. Ensure injury prevention measures	
Outside scope of practice	Total Credits: 111
<ul style="list-style-type: none"> • Working in rehabilitation, providing therapeutic exercises and providing exercise for the correction of faulty motor patterns • Working with acutely injured clients or members • Prescribing dietary intervention and supplementation • Working with clients that experience chronic pain 	



<p>Sport Conditioning Coach</p>	<p>An exercise professional /fitness practitioner qualified to provide advice and a range of exercise training to apparently-healthy populations who require programmes for athletic conditioning.</p> <p>Professional scope of practice includes: pre-participation risk screening, assessment and fitness testing, evaluation of clients’ needs and goals, exercise programme design and instructing safe and effective exercise sessions.</p>	
<p>Competency and scope of practice</p>	<p>UNIT STANDARDS: ID, title, NQF level and credits</p>	
<p>MINIMUM PRE-REQUISITE: CERTIFICATE PERSONAL TRAINING</p>		
<p>A. Plan and instruct classes/exercise sessions:</p>		
<p>1. Apply knowledge of anatomy and biomechanics to exercise programmes and training sessions</p>	<p>13921: Identify and describe the anatomical & bio-mechanical differences unique to special populations, NQF level 5, 10 credits</p>	
<p>2. Apply knowledge of physiology to exercise programmes and training sessions</p>	<p>13920: Identify and describe the physiological characteristics unique to special populations, NQF level 5, 5 credits</p>	
<p>3. Lead exercise session according to designed plan</p>	<p>14475: Periodize training & the training year, level 5, 20 credits</p> <p>14466: Apply principles and methods of sport fitness conditioning, level 5, 20 credits</p>	
<p>4. Provide safe and effective warm up and cool down</p>		
<p>5. Regress and progress exercises and sessions</p>		
<p>6. Design exercise programmes based on clients’ needs, abilities and goals</p>		
<p>7. Plan exercise sessions based on clients’ abilities, needs and goals</p>		
<p>B. Leadership and Communication:</p>		
<p>1. Instruct exercise with the use of effective motivation and leadership skills</p>		
<p>2. Lead and instruct exercise with the use of effective visual and verbal communication skills</p>		
<p>3. Motivate clients through agreed exercise session/s</p>		
<p>4. Conduct oneself in a confident and professional manner</p>		
<p>C. Risk Screening, assessment and fitness testing:</p>		
<p>1. Conduct client screening and assessment</p>	<p>13922: Perform assessment and fitness tests for special populations, Level 5, 20 credits</p>	
<p>2. Interpret a PAR-Q</p>		
<p>3. Conduct health assessment and postural assessment</p>		
<p>4. Conduct fitness testing, according to needs and ability of client</p>		
<p>5. Identify clients who are outside scope of</p>		



practice and refer appropriately	
6. Work only with apparently-healthy clients and special populations, within scope of practice	
7. Provide generic nutritional guidelines	13923: Advise special populations on nutritional requirements and ergogenic aids, NQF level 5, 5 credits
D. Health & Safety:	
1. Provide safe and effective exercises according to exercise modality	13924: Deal with common injuries, illness and special considerations in the context of special populations, Level 5, 10 credits
2. Ensure health & safety of the exercise environment	
3. Manage self and clients in a fitness facility environment	
4. Maintain own fitness environment and equipment according to safety requirements	
5. Ensure injury prevention measures	
Outside scope of practice	Total Credits: 90
<ul style="list-style-type: none"> • Working in rehabilitation, providing therapeutic exercises and providing exercise for the correction of faulty motor patterns • Working with acutely injured clients or members • Prescribing dietary intervention and supplementation • Working with clients that experience chronic pain 	

Sport Science Conditioning Specialist	<p>An exercise professional /fitness practitioner qualified in the context of sport performance and athletic conditioning that is able to provide advice, evaluation, assessment and testing for a range of conditioning programmes to apparently-healthy populations.</p> <p>Professional scope of practice (SOP) can include but is not limited to: evaluation of needs and goals, pre-participation screening, assessment and evaluation in the context of sport conditioning and sport preparedness, testing for a range of sport specific skills and or sport conditioning needs, programme design, instruction in safe and effective exercise and movement patterns for sport related outcomes.</p>
Qualification	<p>This is an advanced practitioner in the field of sport science who has a relevant industry specific undergraduate degree or diploma PLUS a post graduate degree specialising in Sport Science at minimum level 8 on the HEQSF.</p>
Competency and scope of practice: The Sport Science Conditioning Specialist is at the forefront of their field, demonstrating a comprehensive understanding and ability to:	
Sport Science theory	
<ol style="list-style-type: none"> 1. Use theories, research methodologies, methods and techniques relevant to the academic discipline of sport science. 	
<ol style="list-style-type: none"> 2. Conduct comprehensive anatomical and biomechanical analyses of movement relating to sport and sport programmes. 	
<ol style="list-style-type: none"> 3. Use a range of scientific theory relating to physiological principles of sport performance. 	
<ol style="list-style-type: none"> 4. Problem solve in a range of sport science and sport contexts to inform sport practice. 	
<ol style="list-style-type: none"> 5. Interrogate options and choose from a multiple range of sources to inform sport practice. 	
Application of sport science	
<ol style="list-style-type: none"> 1. Critically review data and evaluate information to develop sport programmes. 	
<ol style="list-style-type: none"> 2. Produce and communicate information relating to sport science and according to needs and goals of athletes. 	
<ol style="list-style-type: none"> 3. Design sport conditioning programmes based on current abilities, needs and goals of athletes. 	
<ol style="list-style-type: none"> 4. Supervise the provision of or provide a range of training sessions based on abilities, needs and goals of athletes and in accordance with a periodised plan. 	
Assessment, evaluation and Testing	
<ol style="list-style-type: none"> 1. Use scientifically accepted theory, methods and procedures in familiar and unfamiliar sport contexts. 	
<ol style="list-style-type: none"> 2. Call upon a range of screening, assessment and testing tools based on current scientific principles 	
<ol style="list-style-type: none"> 3. Conduct comprehensive screening, assessment and testing using accepted sport scientific principles, techniques, methods and procedures. 	
<ol style="list-style-type: none"> 4. Conduct postural/movement/sport evaluations according to current scientific principles. 	
<ol style="list-style-type: none"> 5. Use outcomes of assessments, evaluations and tests to advise and to improve sport performance. 	
Health and Safety	
<ol style="list-style-type: none"> 1. Provide safe and effective sport conditioning programmes according to exercise or sport modality 	
<ol style="list-style-type: none"> 2. Ensure the health & safety of the exercise or sport environment 	
<ol style="list-style-type: none"> 3. Manage self and clients or athletes in a sport or exercise environment 	
<ol style="list-style-type: none"> 4. Maintain own environment and equipment according to safety requirements 	
<ol style="list-style-type: none"> 5. Ensure injury prevention measures 	
Scope of practice	
<ol style="list-style-type: none"> 1. Ensure ethical practice, working within the professional scope of practice of sport science. 	
<ol style="list-style-type: none"> 2. Identify clients/athletes who are outside scope of practice and refer appropriately, working with multi-disciplinary teams where relevant 	



3. Provide generic nutritional guidelines, working with dietician or sport nutritionist in the context of client/athlete needs and goals

Leadership

1. Lead sport programmes and training sessions with the use of effective motivation and communication skills.
2. Motivate clients or athletes through agreed sport conditioning session/s
3. Conduct professional practice in a confident and professional manner

Outside scope of practice

- Working in rehabilitation, providing therapeutic exercises
- Working with acutely injured clients or members
- Prescribing dietary intervention and supplementation
- Working with clients that experience chronic pain