



GROUP EXERCISE INSTRUCTOR	An Exercise Professional is 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	258725 : Instruct exercise to individuals and groups, NQF level 4; 10 credits OR 10222 : Lead and instruct exercise programs for individuals and groups to music NQF level 5; 10 credits
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	
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"> Personalized exercise programs and/or one-on-one personal training Risk screening, assessment and fitness testing Providing nutritional advice/guidelines Rehabilitation programs Exercise for Special populations 	