



FITNESS INSTRUCTOR	An Exercise Professional 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	243294 : Recommend an exercise program or activity NQF level 4; 5 credits
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	254459 : Supervise the use of a fitness facility and equipment NQF level 5; 8 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 Assessment and fitness testing Rehabilitation programmes Exercise for Special populations Providing nutritional advice/guidelines 	