



PERSONAL TRAINER	<p>An Exercise Professional 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	10218 : Motivate and encourage participation in physical activity, NQF level 5, 3 credits
3. Motivate clients through agreed exercise session/s	258724 : Operate professionally in a sport, recreation or fitness environment, NQF level 4, 3 credits
4. Conduct oneself in a confident and professional manner	
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	TOTALCREDITS: 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 • Working in rehabilitation, providing therapeutic exercises and providing exercise for the correction of faulty motor patterns • Working with acutely injured clients or members • Working with clients that experience chronic pain • Prescribing dietary intervention and supplementation 	