

EUROPEAN

STANDARDS

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EuropeActive Occupational Standards Summary Document

Exercise for Health Specialist (EQF Level 5)

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Exercise for Health Specialist

Definition

An Exercise for Health Specialist will need the ability to communicate sensitively with a wide range of individuals that have existing chronic health conditions or are at high risk of developing them due to their lifestyle. They can programme and supervise exercise for individuals (and groups if they hold this prior competency) with a range of chronic health conditions determined to be of low or moderate risk of an adverse event according to recognised stratification tools. An Exercise for Health Specialist is able to communicate effectively with medical and healthcare professionals about participant's conditions using correct medical terminology, and with an understanding of the standard treatment options for an individual's condition. They will need to take a holistic approach to the wellness of their clients that includes advising on lifestyle, healthy eating and stress management, in addition to exercise relevant to the condition, medication and with respect to professional boundaries.

Scope

The occupation of an Exercise for Health Specialist is informally referenced to the European Qualification Framework level 5.

Specific pre-requisites

- *EQF Level 4 Personal Trainer skills and knowledge or equivalent accredited certification*
- *EQF Level 3 Group Fitness Instructor or equivalent accredited certification if the Exercise Specialist wants to deliver group exercise.*
- *If aquatic activities are planned, the adequate qualifications for conducting exercise in water are required.*
- *At least 3 months fulltime equivalency of working as an Exercise Professional.*

Level of entry on to EREPS

Level 5

Technical expert group members and external consultation experts

These standards were fully adopted within the process of external consultation and afterwards approved by the EuropeActive Professional Standards Committee.

Chairman of EHFA Standards Council (2012):

Prof. Alfonso Jimenez, PhD, CSCS, NSCA-CPT

Technical Expert Group (2012):

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- *Stephen Wilson, FIA, UK (TEG Secretary)*
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- *Ben Gittus, SkillsActive, UK*
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- *Prof. Rita Santos-Rocha, ESDRM, Portugal*
- *Dr. John Searle, FIA Chief Medical Officer, UK*

Experts who participated in the external consultation process:

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Technical Expert Group (2020 Review):

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- *Dipanda Silva, Personal Training Director in VivaGym, Fitness Hut, Portugal*

Essential skills

Demonstrate a professional attitude	Demonstrate responsibility and professional duty of care to clients which will include communication skills and a focus of customer care orientation
Select and maintain a safe exercise environment	Select the correct training environment and assess risks to ensure it provides a safe, clean and friendly fitness environment and that it will be the best use of the environment in which clients are exercising
Collect information	Identify client information which is to be collected and advise clients of correct procedures, protocols and risks prior to commencing physical assessment and exercising
Conduct fitness assessment and risk stratification and analyse information	Conduct appropriate testing, functional and physical fitness assessments with clients that will include screening and a risk stratification (against recognised protocols and methods) at risk, or with an identified health condition(s). The information and findings need to be analysed
Plan and prepare for an exercise session	Prepare equipment and facilities for the session ensuring compliance with industry and national guidelines for normal operating procedures and plan timings and sequences for the session, and including for adaptations required to meet the health condition of their clients
Identify motives and goals together with other health professionals	Identify individual motives and resulting short, medium and long term fitness goals together with other health professionals who may be part of the team and advising on exercise interventions
Provide exercise prescription	For exercisers with controlled health conditions provide a range of exercise programmes in accordance with their needs and those recommended by other health professionals by applying principles of exercise programming
Integrate the principles of training	Apply the knowledge of principles of training and components of health-related fitness to the design of an individual programme to meet client's abilities, needs, and lifestyle and exercise preferences
Adapt exercise	Suggest relevant exercise adaptations or options for exercisers with controlled health conditions to meet differences or needs and provide participants with advice on intensity and how to progress their individual performance and results

Motivate clients	Positively interact, motivate clients/members and develop rapport using appropriate strategies in order to promote adherence to exercise
Integrate Exercise Science to the design of the programme	Apply the knowledge of the musculoskeletal system, biomechanical concepts as they relate to movement and exercise, the knowledge of related physiological concepts, the knowledge of the cardio-respiratory system and energy systems, to programme design
Communicate effectively	Manage communication with exercisers, medical and health care professionals and maintain professional administrative records
Inform clients of benefits of a healthy lifestyle	Provide participants with accurate information on principles of nutrition and weight management
Promote a healthy lifestyle	Provide information about the role of physical activity, exercisers with controlled health conditions to adopt and maintain healthy lifestyle behaviours
Demonstrate professional conduct	Work within the parameters given at Level 5, recognising the standards and professional limitations that this provides, and ensuring essential personal skills and knowledge to be an Exercise for Health Specialist are maintained and updated and to be a positive role model at all times and keep up to date with industry developments
Demonstrate professional responsibility	To ensure that other health professionals and clients are treated with respect and that appropriate civil liability insurance is in place at all times of instructing



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