

# EuropeActive Occupational Standards Summary Document

## Weight Management Exercise Specialist (EQF Level 5)

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## Weight Management Exercise Specialist

### Definition

A Weight Management Exercise Specialist (WMES) has a role which includes designing, implementing, evaluating and supervising exercise/physical activity programmes for overweight and obese individuals by collecting and analysing client information to ensure the effectiveness and safety of personal exercise programmes. As part of a team with other professionals, however, a WMS can contribute significantly and uniquely in helping the overweight and obese clients to improve their health and life through a monitored and specific exercise programme.

### Scope

The occupation of WMES 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.*

### 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 (2014):

Dr. Thomas Rieger, BITS University, Germany

### Technical Expert Group (2014):

- *Alexis Batrakoulis, GR.A.F.T.S., Greece (TEG Leader)*
- *John van Heel, EFAA, Netherlands*
- *Pauline Jacobs, EFAA, Netherlands*
- *Charlotte Dean, Careers in Fitness, UK*
- *Dr. Nuno Pimenta, ESDRM, Portugal*

## Essential skills

Understand professional responsibilities	Understand the medical and political need for the WMES in Europe, their place in the healthcare system and the need for cooperation with other professionals in medical fitness industry
Understand the epidemiology and pathophysiology of overweight and obesity	Know the definition and classification of overweight and obesity and, obesity statistics. Understand the underlying pathophysiology and treatments for obesity and be able to identify credible information sources and conduct structured research into this chronic condition
Apply appropriate screening and referral protocols for overweight and obese individuals	Know appropriate anthropometric and resting measurements and be able to apply a range of suitable functional assessments, and test adjustments for overweight and obese individuals
Manage exercise programmes	Apply the knowledge of the pathophysiology of obesity to design weight management programs. Analyse and implement an exercise management programme for overweight and obese individuals. Know specific evidence-based exercise guidelines and weight loss training methodologies for overweight and obese clients
Manage the risks associated with exercise for overweight and obese individuals and deal with emergencies	Know the exercise risks and contraindications for overweight and obese individuals. Be able to recognise and respond to emergency situations
Employ appropriate exercise protocols	Understand specific training adaptation for overweight and obese clients and know acute and long-term effects of exercise in overweight and obese clients. Identify safe, effective, and targeted pre-habilitation exercises for this special population and employ exercise protocols within the realm of personal training for overweight and obese clients.
Apply nutritional guidelines for overweight and obese clients	Have general knowledge of the guidelines for healthy nutrition for overweight and obese clients and the requirements for healthy weight loss. Provide general suggestions on food intake modifications for weight management and communicate with the Dietician-Nutritionist who is involved in the multidisciplinary team.
Understand the psychosocial aspects of overweight and obesity	Have knowledge and understanding of possible psychosocial effects for overweight and obese clients and be able to implement appropriate motivational strategies.

Work with physician's recommendations	Examine and integrate physicians' recommendations into the personal training exercise programme for overweight and obese clients. Be able to work within a multidisciplinary team, together with physiotherapists, nutritionists, psychologists and under the general supervision of a physician
Manage healthcare referrals	Receive referrals from and refer clients to other healthcare providers as appropriate.
Educate exercise participants and encourage active and healthy lifestyles	Educate the overweight and obese participant on the response of the body to exercise, during and after exercise. Promote an active and healthy lifestyle as a major preventive and life long process in order to affect positively and inspire optimally these clients. Be able to apply the knowledge of the physical activity programme and behavioural lifestyle education into a lifestyle intervention programme.



# EuropeActive

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