

# EMD UK SCOPE OF PRACTICE

Pilates in a Fitness Context

Fitness Pilates™

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## **ABOUT THIS SCOPE OF PRACTICE**

This document is an EMD UK Scope of Practice overview for professional recognition membership of the national governing body for group exercise. Determining what is and is not part of your scope of practice will be for you to decide using your professional judgement. When deciding whether a particular activity falls within your scope of practice, or when moving into a new scope of practice, you will need to consider whether the training and support you have received adequately equips you to perform the activity safely and effectively. This document defines the scope of practice, training and skills of a Fitness Pilates™ Instructor and the general scope of practice to teach this activity safely and effectively.

**You may find it helpful to speak to the professional recognition membership team who may be able to offer further advice in this area**



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# 1. Overview

## SCOPE OF PRACTICE: Fitness Pilates™

Scope of practice refers to those activities that a person licensed to practice is permitted to perform. An individual must decide their scope of practice. Your scope of practice is the limit of your knowledge, skills and experience and you must ensure that you work within your scope of practice. Your scope of practice is likely to change over time as your knowledge, skills and experience develop. The health and safety of participants is threatened when professionals, are permitted to perform services that are beyond the boundaries of what they have been educated and trained to do.

This scope of practice overview sets clear expectations of our members 'knowledge, skills and abilities when they start practising Fitness Pilates™ classes.

As you progress in your career, you may enter more specialist practitioner roles where you are no longer meeting all the standards of proficiency. Your scope of practice will develop with you and may become narrower in scope.

The Fitness Pilates™ Instructor sits in the scope of practice of the Pilates Based Matwork Instructor and the Group Exercise Instructor as part of the exercise and fitness profession.

The agreed industry prerequisite to become a Fitness Pilates™ instructor is to have achieved a full level 2 awarding organisation endorsed level 2 fitness instructor qualification, equivalent or higher. A prerequisite can be approved from other sectors to include but not limited to the health sector or the dance sector if the qualification includes assessed anatomy & physiology. Any entrant not meeting the pre-requisite requirement may fulfil the pre-requisite requirements by undertaking an approved 'bridging qualification' that meets the professional standards. Individuals who achieve this will be deemed to meet the requirements for professional recognition membership within the scope of practice of Fitness Pilates™

Fitness Pilates™ certification is valid for a period of two years.

To retain professional recognition for scope of practice you must meet the requirements set by EMD UK of 10 hours of 'Professional Development' per year and meet the update requirements set by Fitness Pilates™. Any Fitness Pilates™ update can be included as part of your 10 hours of professional development.



### Agreed scope of practice educational promotional products

Educational products that meet the requirements of EMD UK's scope of practice may display this official EMD UK scope of practice logo.

## 2. Scope of the Fitness Pilates™ Instructor

Fitness Pilates™ class Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed freestyle pilates classes. They are responsible for delivering and supervising safe and effective Fitness Pilates™ classes. Instructors design a movement-based class using the key Pilates principals, teachings and exercises but delivered in an exercise to music/fitness format.

**Re-Identification:** Fitness Pilates™ classes are fitness-based and fall within the realm of group exercise and adhere to safe and effective exercise guidelines and do not to label or diagnose without proper training. Maintaining the class's identity should reflect its fitness roots, even as it draws influence from Joseph Pilates' original teachings. Fitness Pilates™ draws inspiration from the foundational principles of Joseph Pilates but remain rooted in the realm of Fitness.

Fitness Pilates™ Instructors will provide Fitness Pilates™ classes/sessions that:

- Motivate clients to engage with exercise and physical activity to promote a positive experience.
- Pre-exercise screen clients and identify when individuals should be referred to other exercise or health professionals.
- Provide safe and effective Fitness Pilates™ classes/sessions, providing ongoing supervision, monitoring, and session review.
- Take responsibility for health and safety and cleaning relevant to their role and environment.
- Support the client to progress and provide adaptations to meet the individuals needs within the classes. A Fitness Pilates™ class offers the advantage of tailoring each exercise to meet the specific needs of participants or clients. Learners are trained to create a suitable prescription for all participants, incorporating options for beginners, intermediates, and advanced levels.

Modify Just as adaptation ensures exercise suitability, modification plays a crucial role in tailoring Fitness Pilates exercises. This underscores the importance of offering variations to accommodate the diverse needs of participants.

- Teach Pilates mat based exercises, including adaptations of original mat-based Pilates exercises for group classes and 1-1s.
- Develop an understanding of the full Pilates system including apparatus.

Fitness Pilates™ instructors may teach in-person™ classes or online classes and the latter may require a further set of skills and knowledge.

### 3. EMD UK membership eligibility

Instructors who meet the requirement within this scope of practice will meet the requirements to be a professionally recognised member of the national governing body for group exercise to work within the identified scope of practice.

They will:

#### **UNDERSTAND:**

- How to work with a Group of healthy clients with unique needs, in different types of environments, aged between 15 and 65 or above 65 without any long-term conditions.
- Working with adults above the age of 65 may require further skills and training. If adaptations to work with any clients/individuals/groups above the age of 65 requires specialist adaptations related to a long-term condition, then further training relevant to the required specialist professionals' standards will be required.
- Working outside the scope of practice age and target group range may require further skills and training if adaptations to work with clients falls outside what would be considered normal fitness related adaptations, modifications, or progressions.

#### **HAVE DEMONSTRATED:**

- Competence of working with a group of clients, in a single environment relevant to Fitness Pilates.

Additional specialist training to meet further scopes of practice for varied populations, environment or technical ability can be added to this scope of practice to widen the scope of the role and enable an individual to show their expertise in additional populations, in different environments and with technical specialisms.

#### **Examples of specialisms that may be added:**

- Working with clients with long term-controlled conditions.
- Working with older adults.