

**EMD UK SCOPE OF PRACTICE**  
Yoga in a Fitness Context  
Freestyle Fitness Yoga™

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# SCOPE OF PRACTICE: Freestyle Fitness Yoga™

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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've received adequately equips you to perform the activity safely and effectively. This document defines the scope of practice, training and skills of a Freestyle Fitness Yoga™ 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: Freestyle Fitness Yoga™

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 Freestyle Fitness Yoga™ 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 Freestyle Fitness Yoga™ Instructor sits in the scope of practice of the group exercise instructor as part of the exercise and fitness profession.

The agreed industry prerequisite to become a Freestyle Fitness Yoga™ 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 Freestyle Fitness Yoga™.

Freestyle Fitness Yoga™ certification is valid for a period of three years. To retain professional recognition for scope of practice as a Freestyle Fitness Yoga™ instructor you must meet the update requirements set by Freestyle Fitness Yoga™ and 10 hours of 'Professional Development' per year.



### Agreed scope of practice educational products logo

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 Freestyle Fitness Yoga™ Instructor

Freestyle Fitness Yoga™ Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed freestyle fitness yoga classes. They are responsible for delivering and supervising safe and effective freestyle fitness yoga classes. Instructors design a movement-based class that is not a spiritual experience, it mimics Yoga in its breathing and style offering postures that endorse strength and stability. There is no dogma, chanting or philosophy attached to this class design.

Postures are prescribed from the body's natural anatomical perspective using the language of fitness. Instructors do not use Yoga names and references. Extreme postures that exceed optimal ranges of motion generally are avoided. Instructors do not prescribe any exercise, posture, or movement for the internal organs or for the benefit of disease. Yoga and fitness exercises that target and positively enhance the bodies postural muscles are included in their class design. Instructors plan moves and postures which can be sequenced together to the beat of the music making transitions seamless and graceful. Instructors will teach classes that strengthen the bodies stabilizing muscles and use them effectively and efficiently to improve client's posture and allow clients to move with more confidence.

Freestyle Fitness Yoga 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 Freestyle Fitness Yoga™

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 children.
- Working with clients with long term-controlled conditions.
- Working with older adults.
- Working in an outdoor fitness environment.
- Working in a water environment.