

**EMD UK SCOPE OF PRACTICE**  
Core Group Exercise Instructor  
Dance Fitness Instructor

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# SCOPE OF PRACTICE: Dance Fitness Instructor

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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 a Dance Fitness instructor. 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 Dance Fitness 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: Dance Fitness Instructor

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 as a Dance Fitness Instructor.

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

The Dance Fitness instructor sits in the scope of practice of the Core Group Exercise Instructor Professional standards as part of the exercise and fitness profession.

This serves as an introductory level certification, meaning there are no prior qualifications necessary to undergo training for Level 2 Group Exercise Instructor (ETM) certification. However, it is industry standard that individuals intending to pursue Level 2 Group Exercise instructor (ETM) certification have participated in group exercise to music/Dance Fitness classes for a minimum of three months before beginning their training. Additionally, training providers may impose their own prerequisites for participation in their programs.

For those seeking additional Dance Fitness CPD (Continuous Professional Development), the industry standard prerequisite to become a Dance Fitness instructor is obtaining a full Level 2 awarding organisation accredited fitness instructor qualification, DFQ Level 3 Dance Fitness Qualification, or completion of a group exercise access course, or an equivalent or higher qualification recognised by the industry. Achieving any of these qualifications will fulfil the requirements for professional recognition membership within the scope of practice of a Dance Fitness instructor.

To receive professional recognition for the scope of practice as a Dance Fitness instructor, you must hold either a level 2 group training qualification or equivalent a recognised dance instructor qualification together with the bridge. If you already hold a fitness instructor qualification of level 2/3 or equivalent your scope of practice may be extended by adding additional qualifications, training, or experience. The prerequisite requirements may fulfil them by completing an approved 'bridging qualification' meeting professional standards, thus becoming eligible for professional recognition membership within the Dance Fitness scope of practice retain professional recognition for scope of practice you must meet the requirements set by EMD UK of 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 a Level 2 Group Dance Fitness Instructor

Dance Fitness instructors are fitness professionals who teach, lead, entertain and motivate groups of individuals through the Dance Fitness classes using. Dance Fitness instructors are responsible for creating a unique class experience that leaves class members having had an exciting and new experience.

Dance Fitness instructors will provide sessions that.

- Provides a positive customer experience with a focus on dance fitness routines that are suitable for all abilities.
- Motivate clients to engage with exercise and physical activity to promote a positive and healthy lifestyle, to include importance of healthy eating and behaviour change.
- Pre-exercise screen clients and identify when individuals should be referred to other exercise or health professionals.
- Provide safe and effective dance fitness classes, providing ongoing supervision, monitoring, and session review to ensure classes remain engaging, varied, and progressive to clients' needs and goals in physical and mental health.
- Provide appropriate methods of adapting choreography to accommodate different participant abilities and recognise how changes to choreography affect intensity and complexity.
- Take responsibility for health, safety, and cleaning relevant to their role and studio environment.
- Support the client to progress and provide adaptations to meet the individuals needs within the dance fitness classes.
- Have effective communication skills, with the ability to build rapport and motivate!

Class formats include:

- Add on
- Layering
- Verse and Chorus
- Copy and do.

### 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, or clients present with long term-controlled conditions.

#### **HAVE DEMONSTRATED:**

- Competence of working with a Group of clients, in an environment relevant to Dance Fitness experience.

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 ante and post-natal clients.