

EMD UK SCOPE OF PRACTICE

Core Group Exercise Instructor
Level 2 Group Exercise
Instructor
Exercise to Music (ETM)

FIRST EDITION: 26th October 2023

REVIEW DATE: 26th October 2024



SCOPE OF PRACTICE: Level 2 Group Exercise Instructor (ETM)

Contents

1. Scope of the Level 2 Group Exercise Instructor (ETM).....
2. EMD UK professional recognition membership eligibility
3. EMD UK Membership Eligibility

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 Level 2 Group Exercise Instructor, Exercise to Music (ETM). 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 Level 2 Group Exercise Instructor (ETM) 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



SYSTEM PARTNER

Published by:

EMDP Ltd T/A EMD UK

National Governing Body for Group Exercise

Publication date: 26th October 2023

First edition: V1.1

© EMDP Ltd

1. Overview

SCOPE OF PRACTICE: Level 2 Group Exercise Instructor (ETM)

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 Level 2 Group Exercise Instructor (ETM)

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 and may become narrower in scope.

The Level 2 Group Exercise Instructor (ETM) sits in the scope of practice the Core Group Exercise Instructor Professional standards as part of the exercise and fitness profession.

This is an entry level qualification and as such there is no pre-existing qualification required to attend training to become a Level 2 Group Exercise Instructor (ETM). The agreed industry prerequisite to commence training to become a Level 2 Group Exercise instructor (ETM) is to have attended group exercise to music classes for a minimum of 3 months prior to starting training. Training providers may have their own additional pre-requisites to take part in their training.

To gain professional recognition for scope of practice as a Level 2 Group Exercise instructor (ETM) you must hold a qualification certified by an approved centre of an Awarding Organisation who is regulated by Ofqual and approved to certificate the Level 2 Group Training Certificate (ETM) or the Level 2 Fitness Instructor (ETM) qualification. 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.



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 Core Group Exercise Instructor

Level 2 Group Exercise Instructors (ETM) are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed structured fitness classes using music. They are responsible for engaging, facilitating, supporting, educating, and instructing safe and effective group Exercise to Music classes.

They provide exercise instruction across varied types of exercise to include but not limited to, cardiovascular, muscle conditioning, stretch using varied genres of music with and without equipment.

Level 2 Group Exercise Instructors (ETM) will provide sessions that:

- Provide a positive customer experience in the group exercise environment.
- 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 group exercise to music classes, providing ongoing supervision, monitoring, and session review to ensure classes remain engaging, varied, and progressive to clients' needs and goals.
- Take responsibility for health and 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 classes.
- Develop an understanding of suitable small equipment used to deliver safe and effective equipment-based group exercise to music classes to include but not limited to dumbbells, barbells, bands, blocks, gliding discs etc.

Class formats include:

- Exercise to music in a circuit format
- Exercise to music freestyle
- Group studio resistance
- Body conditioning
- Cardiovascular training classes including High Intensity Interval Training (HIIT) to music
- Stretch Classes
- Level 2 Group Exercise instructors (ETM) 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 Group Exercise (ETM) Instruction.

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.
- Working with older adults.
- Working in an outdoor fitness environment.
- Working in a Group Indoor cycling environment.
- Working in a Group Water Based environment.
- Step Exercise class.