

EMD UK SCOPE OF PRACTICE
Core Group Exercise Instructor

Level 2 Group Exercise
Instructor (Water Based)

FIRST EDITION: 26th October 2023

REVIEW DATE: 26th October 2024

SCOPE OF PRACTICE: Level 2 Group Exercise Instructor (Water Based)

Contents

1. Scope of the Level 2 Group Exercise Instructor (Water Based)
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 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 Level 2 Group Exercise Instructor (Water Based) 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 (Water Based)

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 (Water Based)

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 Water Based training sits in the scope of practice of the Core Group exercise instructor as part of the exercise and fitness profession.

The agreed industry prerequisite to commence training to become a Level 2 Group Exercise Instructor (Water Based) through the route of the full qualification as a Level 2 Group Exercise Instructor (Water Based) is to have attended Aqua classes for a minimum of 3 months. If you are already a qualified level 2 instructor in Exercise to Music an Aqua/Water Based Exercise instructor qualification may be added to your scope of practice as an additional practical award. To gain professional recognition for scope of practice as a Level 2 Group Exercise Instructor (Water Based) 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 (Water Based Exercise) or the Level 2 Fitness Instructor/Group Training Instructor (ETM) qualification with an additional Water Based Exercise Award

Any entrant not meeting the prerequisite requirement may fulfil the prerequisite 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 Level 2 Group Exercise Instructor (Water Based).

Note: Training providers may have their own additional pre-requisites to take part in their training.

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 Level 2 Group Exercise Instructor (Water Based)

Level 2 Group Exercise Instructor (Water Based) are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed pre choreographed group exercise classes in the water. They are responsible for engaging, facilitating, supporting, educating, and instructing safe and effective classes.

Level 2 Group Training Instructors (Water Based) Exercise Instructors will provide water based classes 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 Group Water based exercise classes, providing ongoing supervision, monitoring, and session review.
- Develop an understanding of health and safety in relation to working in a pool environment for participants and instructors.
- Teach group water based exercise classes to groups and individuals to include the principles and variables of working with the properties of water
-
- Teach group water based exercise classes in a pool environment within a Group Water Based Exercise Class to include:
 - Support the client to progress and provide adaptation to meet the individuals needs within the classes taking into consideration the environment (i.e., water and the responses)
 - Develop an understanding of small equipment that may be used in a group exercise water based class.

Level 2 Group Exercise Instructor (Water Based) instructors may teach in-person classes.

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 Level 2 Group Exercise Instructor (Water Based).

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 with Special populations.