

EMD UK SCOPE OF PRACTICE

Group Exercise Instructor

Les Mills Signature Programmes™

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SCOPE OF PRACTICE: Les Mills Signature Programmes™

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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 Les Mills Signature Programmes™ 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: Les Mills Signature Programmes™

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 Les Mills Signature Programme™ 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 Les Mills Signature Programme™ 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 Les Mills Signature Programme™ instructor is to have achieved a full level 2 awarding organisation endorsed level 2 fitness instructor qualification, equivalent or higher or 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 Les Mills Signature Programmes™.

Les Mills Signature Programmes™ certification is valid annual if the instructor can also demonstrate three update points gained from Les Mills™. To retain professional recognition for scope of practice as a Les Mills Signature Programmes™ instructor you must meet the update requirements set by Les Mills Signature Programmes™ and 10 hours of 'Professional Development' per year. The Les Mills updates may be included as part of the 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 Les Mills Signature Programmes™ Instructor

Les Mills Signature Programmes™ Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed Les Mills Signature Programme™ classes. They are responsible for delivering and supervising safe and effective Les Mills Signature Programme™ classes that include the following initial instructor training programmes:

Les Mills Signature Programmes™ include Bodypump™, Bodycombat™, Bodybalance™, Bodyattack™, RPM™, Sh'Bam™, Bodyjam™, Bodystep™, Tone™, The Trip™, Barre™, Sprint™ and Grit™

Les Mills Signature Programme™ instructors will teach classes that safely and effectively teach clients the Les Mills Signature Programme™ of choice. Instructors will demonstrate excellent personal technique, coaching participant technique with set up cues, education, and correction. Instructors will connect with participants, motivating and inspiring participants to achieve the best from taking part in the Les Mills Signature Programme™. Each Les Mills Signature Programme™ demonstrates specific inspirational choreography, movements and exercise focus relative to the programme.

Les Mills Signature Programmes instructors may teach in-person classes and 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.
- Working with children aged 2-6 or 6-16 will require the Les Mills Signature Programme™ Born to Move™

HAVE DEMONSTRATED:

- Competence of working with a group of clients, in a single environment relevant Les Mills Signature Programmes™

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.