

EMD UK SCOPE OF PRACTICE
Core Dance Fitness Instructor
Keep Fit Association®
Laban Dance Fitness Instructor

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SCOPE OF PRACTICE: Keep Fit Association® Laban Dance 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 group exercise, dance fitness and the Keep Fit Association. 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 Keep Fit Association® Laban 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: Keep Fit Association® Laban 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 professional instructors' knowledge, skills, and abilities as a Keep Fit Association @Laban 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 and may become narrower in scope.

The Keep Fit Association® Laban Dance Fitness Instructor sits in the scope of practice the Core Group Dance Fitness Instructor as part of the exercise and fitness profession.

The agreed industry prerequisite to commence training to become a Keep Fit Association® Laban Dance Fitness Instructor is to have achieved a full level 2 awarding organisation endorsed level 2 fitness instructor qualification, equivalent or higher.

Alternative prerequisite can be approved from other sectors to include but not limited to the health sector or the dance and movement 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 Keep Fit Association® Laban Dance Fitness Instructor.

Keep Fit Association® Laban Dance Fitness instructor certification is valid for a period of three years. To retain professional recognition for scope of practice as a Keep Fit Association® Laban Dance Fitness instructor you must meet the update requirements set by the Keep Fit Association® which is 18 hours 'Professional Development' training over three years including 8 hours of training at Laban advance level to explore Laban's analysis in detail and adhere to Keep Fit Association code of ethics.

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. This can include the 18 hours set out by the Keep Fit Association®



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 Keep Fit Association® Laban Dance Fitness Instructor

Keep Fit Association® Laban Dance Fitness Instructors are dance fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed structured dance fitness classes using music. They are responsible for engaging, facilitating, supporting, educating, and instructing safe and effective group Keep Fit Association® Laban Dance Fitness classes.

Keep Fit Association® Laban Dance Fitness Instructors will provide classes that:

- use movements based on Rudolf Laban's Analysis of Movement principles to provide holistic classes delivering functional fitness through creative choreography and performance.
- are exercise, movement and dance professionals who teach, lead, coach and motivate. You promote physical fitness, build confidence, encourage a positive attitude to health and support mental well-being using a balanced programme of dance inspired fitness and movement training.
- provide a positive customer experience with sessions where you develop your own exciting, original, and purposeful choreography to achieve a range of physical benefits through this unique product and using wide variety of music genres.
- use Laban's Analysis to seamlessly achieve holistic development of fitness and skill components including strength, endurance stamina, flexibility, agility, posture, co-ordination, balance, power, reaction time and rhythmic ability.
- ensure classes remain engaging, varied, and progressive to clients' needs and goals.
- support the client to progress and provide adaptations to meet the individuals needs within the classes.
- use pre-exercise screen clients and identify when individuals should be referred to other exercise or health professionals.
- take responsibility for health and safety.
- develop an understanding of suitable small equipment used to deliver safe and effective apparatus-based group classes to include but not limited to Keep Fit® approved apparatus, clubs, balls, hoops, materials, and scarves and skipping ropes.
- may teach in-person classes, large events/ rallies or online classes and the latter may require a further set of skills and knowledge.
- Keep Fit Association® Laban Dance Fitness instructor may take group development to choreography and produce presentation items and movement and dance demonstrations.

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 different 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.

HAVE DEMONSTRATED:

- Competence of working with a Group of clients, in a single environment relevant to Keep Fit Association® Laban Dance Fitness 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 Water Based environment.