

**EMD UK SCOPE OF PRACTICE**  
Core Group Exercise Instructor  
Keep Fit Association®  
Sit & Stay Fit Instructors

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# SCOPE OF PRACTICE: Keep Fit Association® Sit & Stay Fit Instructors

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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® Sit and Stay Fit 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® Sit & Stay Fit 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 teachers' knowledge, skills, and abilities as a Keep Fit Association® Sit and Stay Fit 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® Sit & Stay Fit Instructor sits in the scope of practice of the Core Group Exercise Instructor Professional standards, Working with People with Long Term Conditions Professional Standards, and the Working with Inactive People Professional Standards as part of the exercise and fitness profession.

The agreed industry prerequisite to commence training to become a Keep Fit Association® Sit & Stay Fit 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 the Keep Fit Association® Sit & Stay Fit Instructor

The Keep Fit Association® Sit & Stay Fit Instructor certification is valid for a period of three years. To retain professional recognition for scope of practice as a The Keep Fit Association® Sit & Stay Fit Instructor you must meet the update requirements set by the Keep Fit Association® which is 18 hours 'Professional Development' training over three years and adhere to the 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® Sit & Stay Fit Instructor

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

: Keep Fit Association® Sit & Stay Fit Instructors will provide classes that:

- are exercise, movement and dance professionals who teach, lead, coach and motivate. You promote physical fitness, enjoyment, and companionship in a non-competitive inclusive environment.
- promote self –confidence and independence in older people, through the understanding and practice of safe movement, to improve and maintain the ability to perform activities of daily living.
- use movements based on Rudolf Laban's Analysis of Movement principles to provide holistic classes with focus on seated class content suitable for elderly and adults with reduced mobility.
- use Laban's Analysis to seamlessly achieve holistic development of fitness and skill components including muscular strength, endurance, stamina, flexibility, posture, agility, co-ordination, balance, power, reaction time and rhythmic ability with focus on postural stability when working with older people to help with falls prevention.
- assess readiness to stand and deliver chair supported exercises to improve postural stability to assist with falls prevention.
- provide a positive customer experience with sessions where you develop your own, original, and purposeful choreography to achieve a range of physical benefits for the specialist client group through this unique product and using wide variety of music genres.
- 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.
- hold a current Disclosure and Barring Service check (DBS) (or equivalent)
- understanding aspects of the ageing process
- take responsibility for health and safety.

### 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 clients with a range of different needs, in different types of environments, actively ageing, including frail elderly and adults with reduced mobility. Any clients presenting with a long-term condition/s which are not included in the Keep Fit Association® Sit & Stay Fit Instructor training falls out of this scope of practice. To teach any such client an instructor must hold the Level 3 Supporting Clients with Long Term Conditions qualification or equivalent or be able to evidence training or qualifications related to the specific condition.
- 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 Keep Fit Association® Sit & Stay Fit Instructors.
- 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.
- Level 4 Specialist Instructor qualifications.