

EMD UK SCOPE OF PRACTICE
Core Group Exercise Teacher
Medau Movement® Teacher

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SCOPE OF PRACTICE: Medau Movement® Teacher

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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 Medau Movement®. 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 Medau Movement® teacher 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: Medau Movement® Teacher

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 Medau Movement® Teacher.

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 Medau Movement® Teacher sits in the scope of practice of the Core Group Exercise Teacher Professional standards, as part of the exercise and fitness profession.

The agreed industry prerequisites to commence training to become a Medau Movement® Teacher is to have achieved a full level 2 awarding organisation endorsed level 2 Group Exercise qualification (GTM or ETM) equivalent or higher. Alternative prerequisites 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 level 2 '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 Medau Movement® Teacher.

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. The annual requirement for 6 hours assessed CPD can be fulfilled via any combination of non-Medau CPD (via a recognised training provider) and Medau-specific CPD.



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 Medau Movement® Teacher

Medau Movement® Teachers are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed structured holistic workouts which can be adapted throughout the session as the teacher observes the different needs of the individuals.

Medau Movement® Teachers explore the body's natural fluid and dynamic movements to work the whole body and achieve a sense of wellbeing and encourage efficient use of the body, using the Medau elements of Swing, Resilience, Stretch, Sustainment and Balance. They are responsible for engaging, facilitating, supporting, educating, instructing, observing, and adapting safe and effective group Medau Movement® classes.

Medau Movement® Teachers will provide classes that:

- Provide a positive experience to all participants in a Medau Movement® Class.
- Motivate class participants to engage with exercise and physical activity to promote a positive and healthy lifestyle.
- Pre-exercise screen class participants and identify when individuals should be referred to other exercise or health professionals.
- Provide safe and effective Medau Movement® classes, providing ongoing supervision, monitoring, and session review to ensure classes remain engaging, varied, and progressive to class participants' needs and goals in physical health and wellbeing.
- Offer modifications and variations to class content and style, be it standing or seated, ensuring accessibility for all participants and aligning with specific themes to promote a continuous, harmonious flow of the entire body. Remain mindful of how adjustments impact the overall intensity and complexity of the class experience.
- Take responsibility for health, safety, and cleaning relevant to their role and studio environment.
- Support the class participant to progress and provide adaptations to meet the individual's needs within the classes, including working on a chair if necessary.
- Have effective communication skills, with the ability to build rapport and motivate.
- Develop an understanding of suitable small equipment used to deliver safe and effective Medau Movement® equipment-based group exercise to music classes to include but not limited to balls, clubs, hoops etc.
- It is recommended that they hold a current Disclosure and Barring Service (DBS) check (or equivalent) if teaching anyone over the age of 65 in a care home or residential community.

3. EMD UK membership eligibility

Medau Movement® Teachers 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 class participants 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 such class participants/individuals/groups 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, or clients present with long term-controlled conditions.

HAVE DEMONSTRATED:

- Competence of working with a Group of class participants, in an environment relevant to Medau Movement for Life.
- 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 class participants with long term-controlled conditions.
- Working with Older Adults.
- Working with Special Populations.