

EMD UK SCOPE OF PRACTICE

Movement and Dance Instructors FLexercise™ INSTRUCTOR

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SCOPE OF PRACTICE: Flexercise™ 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 Flexercise™ Instructors. 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 Flexercise™ 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: FLEXercise™ INSTRUCTOR

Scope of practice refers to those activities that a group exercise teacher/instructor is licensed to practice and is permitted to teach in a group exercise setting. An individual teacher/instructor must decide their own scope of practice and be able to evidence this through their qualifications, skills, experience, or knowledge. 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 FLEXercise™ 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, or you may become narrower in scope.

The FLEXercise™ Instructor sits in the scope of practice of the Core Group Exercise Instructor Professional standards as part of the exercise and fitness profession.

This is an entry level qualification and as such there is no pre-existing qualification required to attend training to become a FLEXercise™ Instructor. The agreed industry prerequisite to commence training to become a FLEXercise™ Instructor is to have attended FLEXercise™ classes prior to starting training or to hold a Level 2 Group Training 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 (ETM), the Level 2 Fitness Instructor (ETM) qualification or a recognised Diploma in Teaching Mat Pilates or Yoga.

To gain professional recognition for scope of practice as a FLEXercise™ Instructor you must hold a qualification certified by FLEXercise as having completed their apprenticeship and to have achieved a full level 2 awarding organisation endorsed level 2 fitness instructor or group training 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 a FLEXercise™ Instructor. 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 must include two CPD updates with FLEXercise™ over a two-year period.

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 FLEXercise™ Instructor.

FLEXercise™ Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed structured FLEXercise™ classes using the FLEXercise™ system. They are responsible for engaging, facilitating, supporting, educating, and instructing safe and effective group FLEXercise™ classes.

They provide movement instruction across the FLEXercise™ system to include but not limited to, mobility, posture, core strength and fitness exercises using varied genres of music with and without equipment.

FLEXercise™ Instructors will provide sessions that:

- Provide a positive customer experience in the FLEXercise™ environment.
- Motivate clients to engage with exercise, dance, and movement to promote a positive and healthy lifestyle.
- Pre-exercise screen clients and identify when individuals should be referred to other exercise or health professionals.
- Provide safe and effective FLEXercise™ classes, providing ongoing supervision, monitoring, and session review to ensure classes remain engaging, varied, and progressive to clients' needs and goals.
- Take responsibility for health, safety, and cleaning relevant to their role and working environment.
- Support the client to progress and provide adaptations to meet the individuals needs within the 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 normal healthy clients with unique needs, in different types of environments, aged between 15 and 65 or above the age of 65 without any known long-term conditions.
- Teaching group exercise to adults with a long-term health condition of any age including above the age of 65 may, require further skills and training. If adapting exercise programmes/classes/sessions requires the teacher to apply 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 have long term-controlled conditions.

HAVE DEMONSTRATED

- Competence of working with a group of clients, in a single environment relevant to the FLEXercise™ system

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