

EMD UK SCOPE OF PRACTICE

Gym Instructor

Level 2 Gym Instructor

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SCOPE OF PRACTICE: Level 2 Gym 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 Level 2 Gym Instructor 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 Level 2 Gym 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: Level 2 Gym Instructor

Scope of practice refers to those activities that a Level 2 Gym Instructor is licensed to practice and is permitted to teach in a 1-2-1 or in a small group setting, (small group is defined as less than 4 participants). An individual Gym 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 Level 2 Gym 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 Level 2 Gym Instructor sits in the scope of practice the Gym 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 Level 2 Gym Instructor. The agreed industry prerequisite to commence training to become a level 2 Gym Instructor is to have some experience of gym-based exercises, including free weights. Training providers may have their own additional pre-requisites to take part in their training.

To gain professional recognition for scope of practice as a Level 2 Gym Instructor you must hold a qualification certified by an approved centre of an Awarding Organisation who is regulated by Ofqual and approved to certificate the Level 2 Gym Instructor. To retain professional recognition membership for scope of practice you must meet the requirements set by EMD UK of 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.

3. Scope of a Level 2 Gym instructor

Level 2 Gym Instructors are fitness professionals who teach, lead, and motivate clients on a one to one or small group basis (of 4 or less participant). Gym Instructors, coach and deliver creative, effective targeted exercise programmes to individuals or small groups through client centred, coaching and instruction skills. Gym instructors also facilitate overall lifestyle management.

They provide coaching across varied types of exercise to include but not limited to, cardiovascular, muscle strength and conditioning, functional training, stretch with and without equipment using advanced client centred coaching skills.

Level 2 Gym Instructors will provide sessions that:

- Pre exercise Screen and analyse a client's needs and abilities and set personalised goals target or outcomes.
- Uses their technical knowledge to conduct assessments, consultations, and inductions, providing sound demonstrations of gym-based exercise and equipment.
- Can adapt and modify guidance to motivate clients to positively change their behaviour and improve their overall wellbeing by providing appropriate, tailored advice within their scope of practice.
- Provide safe and effective gym-based exercise programmes, providing ongoing coaching/instruction, monitoring, and evaluation to ensure session remain engaging, varied, and progressive to meet clients' needs, abilities, targets, goals, or outcomes.
- They facilitate positive behavioural and lifestyle changes to promote health and wellbeing.
- As a first point of contact, the gym instructor will provide high levels of customer care, service excellence and will assist with any customer feedback, taking responsibility for the customer experience.
- Take responsibility for the health and safety of themselves any clients and the environment in which the session is conducted.

Class formats include:

- Level 2 Gym Instructors may teach in-person sessions up to 4 people or online sessions of which 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 EMD UK the National Governing Body for Group Exercise to work within the identified scope of practice.

They will:

UNDERSTAND:

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- How to work with individuals on a 1-2-1 or in a small Group (up to 4 people) who are healthy clients with unique needs, in different types of environments, aged between 15 and 65 or above 65 without any long-term conditions.
- Teaching adults on a 1-2-1 or in a small group 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 instructor to apply specialist adaptations related to a long-term condition, then further training relevant to the required specialist professionals' standards will be required.
- Must be aware of when to refer clients to relevant appropriate professionals for specialist information and guidance (e.g., physiotherapist, registered dietician, medical specialist).
- 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 an individual client or a small group of clients, in different types of environments over a period demonstrating facilitation and achievement of the clients needs, abilities, goals targets or outcomes using relevant coaching/ 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 a group exercise setting (Group exercise is defined as 5 or more participants)
- Working in an outdoor fitness environment.
- Working in a Group Indoor cycling environment.
- Working in a Group Water Based environment.