

# EMD UK SCOPE OF PRACTICE

## Core Personal Trainer

### Level 3 Personal Trainer

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SCOPE OF PRACTICE: Level 3 Personal Trainer

Contents

1. Scope of the Level 3 Personal Trainer (PT) .....  
2. EMD UK professional recognition membership eligibility .....  
3. EMD UK Membership Eligibility .....

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 3 Personal Trainers (PT). 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 3 Personal Trainer (PT) 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.



SYSTEM PARTNER

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# 1. Overview

## SCOPE OF PRACTICE: Level 3 Personal Trainer (PT)

Scope of practice refers to those activities that a Personal Trainer 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 5 participants). An individual Personal Trainer 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 3 Personal Trainer (PT)

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 3 Personal Trainer (PT) sits in the scope of practice the Core Personal Trainer Professional standards as part of the exercise and fitness profession.

This is a level 3 qualification and as such the pre-requisite qualification required to attend training to become a Level 2 Fitness Instructor (Gym) or equivalent. 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 3 Personal Trainer (PT) 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 3 Personal Training Certificate/Diploma (PT). 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 Core Personal Trainer

Level 3 Personal Trainers (PT) are fitness professionals who teach, lead, and motivate clients on a one to one or small group basis (of 4 or less participant). Personal Trainers facilitate an individual/small group client/s health and fitness goals through the facilitation of periodised planning and programming. Personal Trainers coach and deliver creative, effective targeted exercise programmes to individual or small groups through client centred and advanced coaching and instruction skills. Personal Trainers also facilitate nutritional advice and 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 3 Personal Trainers (PT) will provide sessions that:

- Pre exercise Screen and analyse a client's needs and abilities and set personalised goals target or outcomes.
- That 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 Personal training sessions, 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.
- Take responsibility for the health and safety of themselves any clients and the environment in which the session is conducted.

Class formats include:

- Level 3 Personal Trainers (PT) may teach in-person session or online sessions and 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:

- How to work with individuals on a 1-2-1 or in a small Group 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.

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- 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 PT 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 (PT) 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.
- Step Exercise class.