

EMD UK SCOPE OF PRACTICE

Core Group Exercise Instructor

Pure Gym GX Step Instructor

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SCOPE OF PRACTICE: Pure Gym GX Step 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 Group exercise. 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 Pure Gym GX Step 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: Pure Gym GX Step Instructor

Scope of practice refers to those activities that an instructor licensed to practice is permitted to perform. An instructor 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 trained to do.

This scope of practice overview sets clear expectations of our members' knowledge, skills, and abilities as a Pure Gym GX Step 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 Pure Gym GX Step Instructor sits in the scope of practice of the Core Group Exercise Instructor Professional standards as part of the exercise and fitness profession.

Prerequisites and Recognition

The agreed industry prerequisite to become a Pure Gym GX Step Instructor is to have achieved a full level 2 awarding organisation accredited level 2 fitness/gym instructor qualification and/or a level 3 PT, equivalent or higher.

To gain professional recognition as a Pure Gym GX Step Instructor, you must hold a Pure Gym certificate of competency. This requires completing the pre-learning and assessments for PTFC, AGM, GM, and CM, the Pure Gym GX training module alongside the specialised Pure Gym GX Step Instructor training and assessment. Additionally, you must hold a Level 2 Fitness Instructor or Level 3 Personal Trainer qualification (or higher).

Individuals who achieve this will be deemed to meet the requirements for professional recognition membership within the scope of practice of a Pure Gym Step Instructor.

Retention of Recognition

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 ongoing virtual upskilling via the Pure Gym Connect and Dayforce Platforms, and continued development specifically within the Step discipline. Furthermore, you must remain in active employment with Pure Gym and hold valid First Aid and Safeguarding Certifications.



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 Pure Gym GX Step Instructor

Pure Gym GX Step Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed pre choreographed Pure Gym GX Step classes. They are responsible for engaging, facilitating, supporting, educating, and instructing safe and effective classes.

Pure Gym GX Step Instructors will provide Step classes that:

- **Motivate clients** to engage with exercise and physical activity to promote a positive experience using the Pure Gym GX Step
- **Conduct Proactive Screening:** Verbally screen clients before exercise and identify when individuals should be signposted to other exercise or health professionals, ensuring no client exercises at Risk.
- **Champion Inclusivity:** Create an accessible and non-intimidating environment for all fitness levels by:
 - **Personalised Setup:** Proactively cueing to assist with platform setup (adjusting riser height to suit knee health and height) and ensuring adequate spatial orientation, accommodating diverse mobility levels, and ensuring a safe, stable landing surface.
 - **Autonomy & Normalisation:** Actively normalising "marching on the floor" or staying with the base move during complex sequences, ensuring participants feel empowered to maintain their own rhythm and intensity without pressure to follow the full choreography.
 - **Multi-Channel Cueing:** Using a blend of rhythmic counting, directional hand signals, and "preview" demonstrations to ensure the patterns are accessible to participants with different coordination levels or sensory requirements.
- **Provide safe and effective Group Step classes,** by
 - Using safe music tempos (BPM) and clear anticipatory cueing to prevent tripping.
 - Use a microphone and manage audio levels to be motivating yet safe for all participants.
 - Providing ongoing supervision, monitoring, and modifications for all abilities.
- **Teach Group Step classes that adhere to safe biomechanical principles**—specifically full-foot placement and posture—while managing the variables of working on a raised platform within a Pure Gym GX Step Class
- **Maintain health and safety standards within the studio** environment including monitoring of air conditioning levels, floor hygiene, whilst taking specific responsibility for the hygiene and stability of the step platforms (ensuring risers are locked and secure) prior to use.
- **Support the client to progress and provide adaptation to meet the individuals needs** including advising on safe step-height adjustments to protect joint health.
- **Maintain a presence in the studio** immediately before and after the session to answer technical inquiries, address participant concerns, and actively solicit feedback to ensure the Pure Gym GX Step experience continues to meet member expectations.

- **EAP:** The instructor is responsible for initiating the operator's Emergency Action Plan (EAP) and maintaining a safe exit route throughout the session.

Pure Gym GX Step Instructors are authorised to teach in-person classes **exclusively within the Pure Gym environment**. This certification is an internal competency and does not confer professional recognition or insurability for teaching externally. Instructors wishing to teach Step outside of Pure Gym are strongly advised to complete a formal Step CPD qualification to ensure they meet industry standards for insurance and portability.

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 healthy clients with unique needs, in different types of environments, aged between 18 and 65 or above 65 without any 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.

HAVE DEMONSTRATED:

- Competence of working with a Group of clients, in a single environment relevant to Pure Gym GX Step classes.

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.
- Working with ante and post-natal clients.
- Working with older adults.
- Working with Special populations.