

BCRPA Weight Training Leader

Based on BCRPA Standards and NFLAC Guidelines, the BCRPA Weight Training Leader is able to:

- Provide initial health screening (ie. PAR-Q).
- Design, modify and instruct safe, effective and appropriate basic/orientation exercise programs to meet the needs of apparently healthy individuals or special populations who have received medical clearance* in a weight room setting.
- Provide weight room monitoring and equipment orientation.
- Ensure a safe exercise environment utilizing standard screening tools.
- In order to work with Special Populations, a BCRPA Weight Training Leader must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with clients who have conditions that the Fitness Leader is not specifically accredited to address.

BCRPA Osteofit Leader

Based on BCRPA Standards, and BC Women's Health Centre's guidelines, the Osteofit instructor is able to:

- Provide initial health screening (ie. The PAR-Q).
- Design, modify and instruct safe, effective and appropriate fitness programs to meet the needs of apparently healthy individuals or special population who have received medical clearance* in a group fitness or weight room setting.
- Lead exercise sessions that are based on BCRPA standards and BC Women's guidelines.
- Incorporate the use of appropriate equipment based on specialized training and the needs of the participants.

- Ensure a safe exercise environment utilizing standard screening tools.
- Provide basic nutritional information based on Canada's Guide to healthy Eating. Participant's requests for advanced nutritional information should be referred to a qualified nutrition professional.
- In order to work with Special Populations*, the Osteofit instructor must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Osteofit instructor is not specifically accredited to address.

DEFINITIONS:

*Special populations: Seniors, youth, pre/post natal women and any person with a disease or disorder (i.e., osteoporosis, arthritis, etc.).

*Medical Clearance: Medical clearance given to an individual to participate in a non-specialized (general) exercise program. Fitness leaders must ensure that they comply with the terms of such clearance as indicated by the medical practitioner regarding these individuals.

*Advanced programming: Any programming outside the realm of instruction taught in a BCRPA-approved course.

*Further competencies: Additional competencies obtained through an accredited and approved health organization (i.e., *Arthritis Society, Heart and Stroke Foundation, BCFACA, etc.).

*NFLAC: National Fitness Leadership Advisory Council.

Specialty-designation Scopes of Practice are currently under development and will be available through the BCRPA office in the future.

"Fitness Leaders must provide initial health screening (ie. PAR-Q) and obtain preauthorization for additional competencies through BCRPA and advise HUB International TOS Limited in order to maintain valid insurance coverage."

SCOPE OF PRACTICE

Group Fitness, Aquatic Fitness, Yoga Fitness, Weight Training and Personal Training

The Scope of Practice identifies the range of responsibilities for BCRPA-registered fitness leaders in each Specialty Module/Designation.



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BCRPA Personal Trainer

Based on BCRPA Standards and NFLAC Guidelines, the BCRPA Personal Trainer is able to:

- Design and instruct a comprehensive, individualized, safe, effective and appropriate program to meet the needs of apparently healthy individuals or special populations who have received medical clearance * based on the information provided in the Personal Training course.
- Ensure a safe exercise environment utilizing standard screening tools and obtain appropriate insurance coverage.
- Provide initial health screening (ie. PAR-Q), monitor progress and make regular adjustments to programs as needed.
- Design short-and long-term programs based on BCRPA standards and NFLAC guidelines.
- Provide basic nutritional information based on Canada's Guide to Healthy Eating. Client requests for advanced nutritional information should be referred to a qualified nutrition professional.
- In order to work with Special Populations, a BCRPA Personal Trainer must obtain specialized training and consult with appropriate health care professionals. Advanced programming* requires further competencies.*
- Refer to appropriate health care providers when dealing with clients who have conditions that the Personal Trainer is not specifically accredited to address.
- Act as a consultant/educator based on the BCRPA Standards/Code of Ethics and NFLAC guidelines.

BCRPA Group Fitness Leader

Based on BCRPA Standards and NFLAC Guidelines, the BCRPA Group Fitness Leader is able to:

- Provide initial health screening (ie. PAR-Q).
- Design, modify and instruct safe, effective and appropriate fitness programs to meet the needs of apparently healthy individuals or special populations who have received medical clearance* in a group fitness setting.
- Lead exercise sessions that are based on BCRPA standards and NFLAC guidelines.
- Incorporate the use of appropriate equipment based on specialized training and the needs of the participants.
- Ensure a safe exercise environment utilizing standard screening tools.
- In order to work with Special Populations*, a BCRPA Group Fitness Leader must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Fitness Leader is not specifically accredited to address.

BCRPA Aquatic Fitness Leader

Based on BCRPA Standards and NFLAC Guidelines, the BCRPA Aquatic Fitness Leader is able to:

- Provide initial health screening (ie. PAR-Q).
- Design, modify and instruct safe, effective and appropriate fitness programs to meet the needs of apparently healthy individuals or special populations who have received medical clearance* in an aquatic setting.
- Lead exercise sessions that are based on BCRPA standards and NFLAC guidelines.

- Incorporate the use of appropriate equipment based on specialized training or the needs of the participants.
- Ensure a safe exercise environment utilizing standard screening tools.
- In order to work with Special Populations, a BCRPA Aquatic Fitness Leader must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Fitness Leader is not specifically accredited to address.

BCRPA Yoga Fitness Leader

Based on BCRPA standards, the BCRPA Yoga Fitness Leader is able to:

- Provide initial health screening (ie. PAR-Q).
- Design, modify and instruct safe, effective and appropriate beginner yoga fitness programs to meet the needs of apparently healthy individuals or special populations who have received medical clearance* in a fitness yoga setting.
- Lead exercise sessions that are based on BCRPA standards.
- Incorporate the use of appropriate equipment based on specialized training and the needs of the participants.
- In order to work with Special Populations* a BCRPA Yoga Fitness Leader must obtain specialized training and consult with appropriate health care professionals.
- Act as a resource and refer to appropriate health care providers when dealing with participants who have conditions that the Yoga Fitness Leader is not specifically accredited to address.
- Exclusions include Bikram style of Yoga classes and Inversion asanas.