

BCRPA Weight Training Leader

The NFLA Weight Training Leader is qualified to:

- Design, modify and lead safe basic/orientation exercise training programs by providing effective and appropriate exercises in order to meet the needs of the participants.
- Lead participants that provide a healthy self-report through the use of the current PAR-Q or who have received medical clearance to participate in a general physical activity program.
- Provide weight room monitoring and equipment orientation.
- 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.
- Deliver nutrition information based on Canada's Food Guide.

BCRPA Personal Trainer

Based on BCRPA Standards, 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 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. Self-reported PAR-Q), monitor

progress and make regular adjustments to programs as needed.

- Design short-and long-term programs based on BCRPA standards.
- Provide basic nutritional information based on Canada's Food Guide. Client requests for advanced nutritional information should be referred to a qualified nutrition professional.
- 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 NFLA guidelines.

Your BCRPA Registration Matters...

The BCRPA is the exclusive provider in BC of the National Fitness Leadership Alliance (NFLA) Performance Standards. Those standards are among the highest in Canada for the credentialing of fitness professionals. Further, the NFLA links the provincial registering bodies, enabling you to transfer your BCRPA fitness registration to other provinces in Canada. This means that as a BCRPA-registered Fitness Professional, you hold a nationally-recognized and highly-valued credential.

SCOPE OF PRACTICE

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

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



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BCRPA Group Fitness Leader

The NFLA Group Fitness Leader is qualified to:

- Design, modify and lead a safe land exercise group by providing effective and appropriate exercises in order to meet the needs of the participants.
- Lead participants that provide a healthy self-report through the use of the current PAR-Q or who have received medical clearance to participate in a general physical activity program.
- Lead exercise groups that are based on NFLA performance standards and guidelines.
- Incorporate the use of appropriate exercise equipment based on the identified needs of the participants.
- Deliver nutrition information based on Canada's Food Guide.

BCRPA Aquatic Fitness Leader

The NFLA Aquatic Fitness Leader is qualified to:

- Design, modify and lead a safe aquatic exercise group by providing effective and appropriate exercises in order to meet the needs of the participants.
- Lead participants that provide a healthy self-report through the use of the current PAR-Q or who have received medical clearance to participate in a general physical activity program.
- Lead exercise groups that are based on NFLA performance standards and guidelines.
- Incorporate the use of appropriate exercise equipment based on the identified needs of the participants.
- Deliver nutrition information based on Canada's Food Guide.

BCRPA Yoga Fitness Leader

The BCRPA Yoga Fitness Leader is qualified to:

- Design, modify and lead a safe beginner yoga fitness group by providing effective and appropriate exercises in order to meet the needs of the participants.
- Lead participants that provide a healthy self-report through the use of the current PAR-Q or who have received medical clearance to participate in a general physical activity program.
- Lead exercise groups that are based on NFLA performance standards and guidelines.
- Incorporate the use of appropriate exercise equipment based on the identified needs of the participants.
- Deliver nutrition information based on Canada's Food Guide.
- Exclusions include Bikram style of Yoga classes and Inversion asanas.

BCRPA Pilates Fitness Leader

The BCRPA Pilates Fitness Leader is qualified to:

- Design, modify and lead a safe mat pilates fitness group by providing effective and appropriate exercises in order to meet the needs of the participants.
- Lead participants that provide a healthy self-report through the use of the current PAR-Q or who have received medical clearance to participate in a general physical activity program.
- Lead exercise groups that are based on NFLA performance standards and guidelines.
- Incorporate the use of appropriate exercise equipment based on the identified needs of the participants.

- Deliver nutrition information based on Canada's Food Guide.
- Excluded are inversions and all exercises which incorporate Pilates apparatus

BCRPA Osteofit Leader

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

- Provide initial health screening (ie. the PAR-Med-X).
- Design, modify and instruct safe, effective and appropriate fitness programs to meet the needs of individuals with Osteoporosis 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 the needs of the participants.
- Ensure a safe exercise environment utilizing standard screening tools.
- Deliver nutrition information based on Canada's Food Guide. Participants' requests for advanced nutritional information should be referred to a qualified nutrition professional.
- Act as a resource and refer to appropriate health care providers when dealing with participants with Osteoporosis.