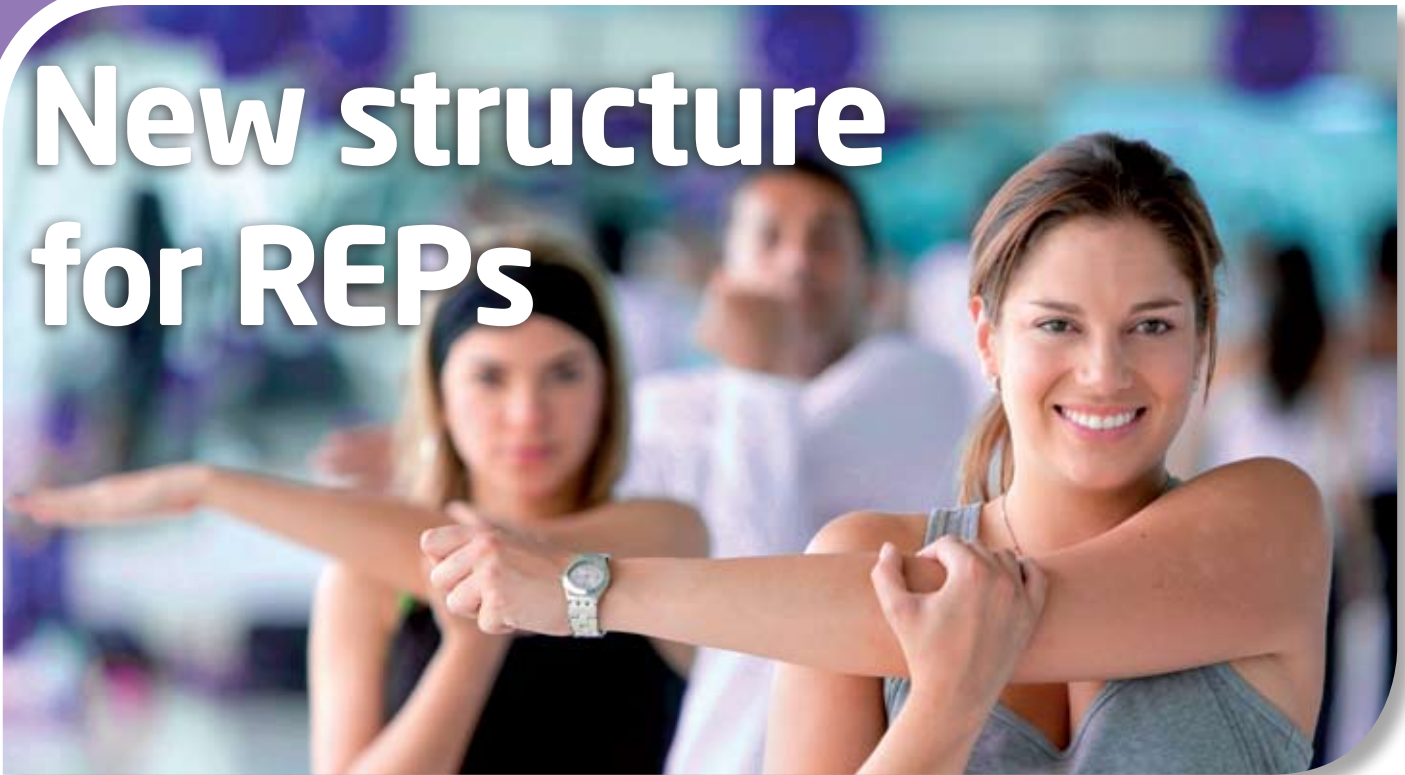


# New structure for REPs



Following a major consultation including two REPs' member surveys and employer events around the UK the new structure was agreed at the SkillsActive Sport and Fitness Employers Group (SAFE) in January 2009. Since then work has continued to create the standards and qualifications that underpin it. This new structure will not come into effect until April 1st 2010 and will have no bearing on existing members.



In 2008/9 a major review of Education and Professional Development in the Fitness Industry took place including revising the REPs structure, industry standards and qualifications, Jean-Ann Marnoch explains more.

## Key features of the new REPs structure

- The levels are linked to Government's new Qualifications and Credit Framework (QCF) level descriptors.
- The categories are entirely based on consultation, industry research and job roles in the industry.
- The structure has taken account of international influences eg. European Health and Fitness Association standards.
- National Occupational Standards (NOS) underpin all categories.
- It aims to be an inclusive structure that recognises a wide range of fitness instructing skills.
- The current 44 categories have been rationalised to 24 to:

- Provide clarity to members, employers, the public and other stakeholders
- Gain the understanding and subsequent confidence of the medical profession and the public.

## How it will work for new members seeking to join the Register under the new Structure

- All instructors wishing to join the Register at level 2 will need to attain one or more of four specific level two categories.
- All instructors wishing to join the Register at level 3 will need to attain one or more of the specific level 3 categories (EMDP, Yoga and Pilates are 3 separate categories).
- All instructors at level 4 will be known as Specialist Instructors and will possess one or more of seven specific medical

conditions categories.

## LEVEL 2

Fitness instructors will be able to access REPs through four categories at level 2: Gym, Exercise to Music, Aqua and Physical Activity for Children, these will be the main entry points to REPs.

- The content of Gym, Exercise to Music and Aqua will remain similar to the current format:
- There will be core knowledge and skills common to all these categories known as 'Mandatory units' and category specific units e.g. in the context of Gym, Exercise to Music, Aqua and Physical Activity for Children.

## Key difference to current level two qualifications:

- Additional basic knowledge of

certain special populations will be added so that instructors can safely deal with a wider range of clients in their mainstream sessions and classes on an occasional basis.

*The fourth level 2 category is Physical Activity for Children*

- This is one of the biggest changes to the structure.
- Instructors qualified in Physical Activity for Children will be able to access REPs in this category without requiring Gym, Exercise to Music or Aqua.
- There was broad support for this during the consultation and it shows the industry responding to Government priorities on childhood obesity.

#### **What does it mean for you if you are already on the Register at level 2?**

Currently nothing will change; your status will remain at level 2 on the Register.

#### **What does it mean for you if you already hold an awarding body 'Instructing Children' qualification?**

Those with the existing qualifications for instructing children will have to undertake additional training in order to gain entry to the Register with this category. This will include level 2 core fitness knowledge and mandatory units. For those already on REPs with the childrens qualifications nothing will change.

### **LEVEL 3**

All categories at level 3 can be accessed directly from level 2. Like level 2, they will be based on core units common to all categories, known as 'mandatory units' and specialist discipline specific units.

#### **Key difference to current level 3 qualifications**

*Fitness Instructor/ Personal Trainer*

- The Advanced Instructor category has been withdrawn so that the progression for level 2 Instructors is directly to any one category at level 3. This was because the SAFE group felt that while there was evidence that two job roles existed (Advanced Fitness Instructor and Personal Trainer) they required the same skills and knowledge and sets of

standards at level 3.

- Many employers stated that they employ level 3 instructors who they do not class as personal trainers - this will be possible with the new REPs category of Fitness Instructor/ Personal Trainer - employers can choose what to call their staff.

#### **What does it mean for you if you are already on the Register at level 3?**

Nothing, if you are currently a level 3 Advanced Fitness Instructor on the Register, your status will remain at level 3 Advanced Fitness Instructor. If you would like to upgrade to level 3 Fitness Instructor/Personal Trainer, there will be routes for you to do so.

*Advanced Exercise to Music*

- Although there are not many REPs members holding this category at present it was felt useful to keep in the structure as a progression for level 2 Exercise to Music instructors.

#### **Key difference to current level 3 Exercise Referral qualifications**

*Exercise Referral*

- An important change is the removal of the Advanced Instructor pre-requisite for level 2 instructors who wish solely to work in exercise referral.
- Access to exercise referral will be possible directly from level 2. However this access WILL require completion of the level 3 mandatory/core units but it is likely that this additional content will be included as part of exercise referral qualifications.
- If you complete the new Fitness Instructor/Personal Trainer qualification prior to getting the exercise referral unit you will have already met the mandatory/core requirements and so will not need to repeat them as part of a separate exercise referral qualification.

*EMDP, Yoga, Pilates*

- EMDP applies to those disciplines which are part of the Exercise, Movement and Dance Partnership. Although this is one box in the structure, in reality it will include several separate categories - Fitness League, Medau, Keep Fit Association.
- Pilates remains a category on the Register with Pilates using the Mandatory level three units as part of the syllabus.
- No change to Yoga which will be

reviewed in the coming year.

- These categories do not require the pre-requisite of a level 2 qualification as the job role is at level 3 e.g. there is no level 2 job role in Pilates, it was agreed that all Pilates instructors were level 3.

### **LEVEL 4**

- The pre-requisites to access level 4 will continue and are detailed on the REPs website.
- There are currently seven medical conditions at level 4, others may be added.

### **CPD ADDITIONAL CATEGORIES**

*Older Adults*

*Disability*

*Antenatal and Postnatal*

#### **Key difference to current level 3 qualifications**

- It was agreed that these additional categories could be accessed from level 2 or level 3 and due to the importance of these categories those holding these qualifications would gain recognition of this on their REPs card.
- It will be necessary to hold a minimum of a level 2 nationally recognised qualification to access these categories.

### **REPs NON-INSTRUCTOR CATEGORIES**

*Student*

- Student category has proven popular and is for students and employees working towards a fitness qualification that will give entry to REPs at level 2 or 3 OR those who have passed a level 1 assistant instructor qualification.

*Fitness Manager*

*Fitness Tutor/ Assessor*

- This is a popular category and enables managers/tutors/assessors to have a relationship with REPs which is useful, particularly as we expect managers to insist their staff are on REPs and tutors/assessors to encourage REPs membership.

**THIS NEW STRUCTURE WILL NOT AFFECT EXISTING MEMBERS OF THE REGISTER, NO TITLES OR CATEGORIES WILL BE TAKEN AWAY FROM CURRENT MEMBERS.**



**AGREED NEW STRUCTURE FOR REPS**

Courses underpinning this new structure will not be available until April 2010

| <b>(Level 2)</b>                          | <b>(Level 3)</b>                                | <b>(Level 4)<br/>Specialist Instructor</b> |
|---|---|--|
| <b>Gym</b>                                | <b>Fitness Instructor/<br/>Personal Trainer</b> | <b>Cardiac disease</b>                     |
| <b>Exercise to Music</b>                  | <b>Advanced Exercise to<br/>Music</b>           | <b>Falls prevention</b>                    |
| <b>Aqua</b>                               | <b>Exercise Referral</b>                        | <b>Stroke</b>                              |
| <b>Physical Activity<br/>for Children</b> | <b>EMDP, Yoga,<br/>Pilates</b>                  | <b>Mental health</b>                       |
| <b>CPD Additional Categories</b>          |   |  |
| <b>Older adults</b>                       | <b>Disability</b>                               | <b>Ante/Post Natal</b>                     |
| <b>REPs Non-Instructor Categories</b>     |   |  |
| <b>Student</b>                            | <b>Fitness Manager</b>                          | <b>Fitness Tutor/<br/>Assessor</b>         |