

## EUROPEACTIVE STANDARDS OCCUPATIONAL DESCRIPTORS

REFERENCED TO THE EQF AND USED BY THE EUROPEAN REGISTER OF EXERCISE PROFESSIONALS

For: European Skills Competencies Qualifications Occupations Referencing (ESCO)

### EQF LEVEL 5 - Exercise for Health Specialist

#### Definition

An Exercise for Health Specialist will need the ability to communicate sensitively with a wide range of individuals that have existing chronic health conditions or are at high risk of developing them due to their lifestyle. They can programme and supervise exercise for individuals (and groups if they hold this prior competency) with a range of chronic health conditions determined to be of low or moderate risk of an adverse event according to recognised stratification tools. An Exercise for Health Specialist is able to communicate effectively with medical and healthcare professionals about participant's conditions using correct medical terminology, and with an understanding of the standard treatment options for an individual's condition. They will need to take a holistic approach to the wellness of their clients that includes advising on lifestyle, healthy eating and stress management, in addition to exercise relevant to the condition, medication and with respect to professional boundaries.

#### Scope

The occupation of an Exercise for Health Specialist is referenced to the European Qualification Framework level 5, and a recognised personal trainer qualification at EQF level 4 is a pre-requisite.

<b>Professional attitude</b>	Demonstrate responsibility and professional duty of care to clients which will include communication skills and a focus of customer care orientation
<b>Select and maintain a safe exercise environment</b>	Select the correct training environment and assess risks to ensure it provides a safe, clean and friendly fitness environment and that it will be the best use of the environment in which clients are exercising
<b>Motivate clients</b>	Capability to develop rapport in order to motivate individuals to begin, adhere and /or return to exercise
<b>Collect information</b>	Identify client information which is to be collected and advise clients of correct procedures, protocols and risks prior to commencing physical assessment and exercising
<b>Conduct fitness assessment and risk stratification and analyse information</b>	Conduct appropriate testing, functional and physical fitness assessments with clients that will include screening and a risk stratification (against recognised protocols and methods) at risk, or with an identified health condition(s). The information and findings need to be analysed,
<b>Plan and prepare for an exercise session</b>	Prepare equipment and facilities for the session ensuring compliance with industry and national guidelines for normal operating procedures and plan timings and sequences for the session, and including for adaptations required to meet the health condition of their clients
<b>Customer and health professional objectives</b>	Identify individual motives and resulting short, medium and long term fitness goals together with other health professionals who may be part of the team and advising on exercise interventions

<b>Exercise prescription</b>	For exercisers with controlled health conditions provide a range of exercise programmes in accordance with their needs and those recommended by other health professionals by applying principles of exercise programming
<b>Integrate the principles of training</b>	Apply the knowledge of principles of training and components of health related fitness to the design of an individual programme to meet client's abilities, needs, and lifestyle and exercise preferences
<b>Adaptation of exercising</b>	Suggest relevant exercise adaptations or options for exercisers with controlled health conditions to meet differences or needs and provide participants with advice on intensity and how to progress their individual performance and results
<b>Offer motivation</b>	Positively interact and motivate clients/members using appropriate strategies in order to promote adherence to exercise.
<b>Integrate Exercise Science to the design of the programme</b>	Apply the knowledge of the musculoskeletal system, biomechanical concepts as they relate to movement and exercise, the knowledge of related physiological concepts, the knowledge of the cardio-respiratory system and energy systems, to programme design
<b>Effective communication</b>	Manage communication with exercisers, medical and health care professionals and maintain professional administrative records
<b>Inform clients of benefits of a healthy lifestyle</b>	Provide participants with accurate information on principles of nutrition and weight management
<b>Promote a healthy lifestyle</b>	Provide information about the role of physical activity, exercisers with controlled health conditions to adopt and maintain healthy lifestyle behaviours
<b>Professional conduct</b>	Work within the parameters given at Level 5, recognising the standards and professional limitations that this provides, and ensuring essential personal skills and knowledge to be an Exercise for Health Specialist are maintained and updated and to be a positive role model at all times and keep up to date with industry developments
<b>Professional responsibility</b>	To ensure that other health professionals and clients are treated with respect and that appropriate civil liability insurance is in place at all times of instructing