

## EuropeActive Standards Summary Document (Pre)Diabetes Exercise Specialist (EQF Level 5)

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### (Pre)Diabetes Exercise Specialist (EQF Level 5)

#### Definition

A (Pre)Diabetes Exercise Specialist (PDES) has a role which includes designing, implementing, evaluating and supervising exercise/physical activity programmes for (pre)diabetes clients by collecting and analysing client information to ensure the effectiveness and safety of personal exercise programmes. As part of a team with other professionals, however, the or a PDES can contribute significantly and uniquely in helping the (pre)diabetes clients to improve their health and life through a monitored and specific exercise programme.

#### Scope

The occupation of PDES is informally referenced to the European Qualification Framework level 5.

#### Specific pre-requisites

- EQF Level 4 Personal Trainer skills and knowledge or equivalent accredited certification
- EQF Level 3 Group Fitness Instructor or equivalent accredited certification if the Exercise Specialist wants to deliver group exercise.
- If aquatic activities are planned, the adequate qualifications for conducting exercise in water are required.
- At least 3 months fulltime equivalency of working as an Exercise Professional.

#### Essential skills

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| <b>Professional responsibilities</b>  | Understand the medical and political need for the PDES in Europe, their place in the healthcare system and the need for cooperation with other professionals in medical fitness industry.   |
| <b>Epidemiology and pathophysiology of pre-diabetes and diabetes</b>                                  | Know the definition and classification of diabetes and pre-diabetes and, diabetes statistics. Understand the underlying pathophysiology and treatments for (pre)diabetes and be able to identify credible information sources and conduct structured research into this chronic condition.        |
| <b>Collect and analyse all relevant health/fitness information from (pre)diabetes clients</b>         | Know the relevant health and fitness information to be collected from (pre)diabetic clients and be able to use appropriate interviewing techniques to establish a rapport with clients.   |
| <b>Apply appropriate screening and referral protocols for use with individuals with (pre)diabetes</b> | Know appropriate anthropometric and resting measurements and be able to apply a range of suitable functional assessments, and test adjustments for individuals with (pre)diabetes.  |
| <b>Manage exercise programmes for (pre)diabetes clients</b>   | Apply the knowledge of the pathophysiology of (pre)diabetes to design appropriate exercise programs. Analyse and implement an exercise management programme for (pre)diabetes individuals. Know specific evidence-based exercise guidelines and training methodologies for (pre)diabetes clients. |

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| <b>Manage the risks associated with exercise for (pre)diabetes individuals and deal with emergencies</b> | Know the exercise risks and contraindications for (pre)diabetes individuals. Be able to recognise and respond to emergency situations.  |
| <b>Employ appropriate exercise protocols for (pre)diabetes clients</b>                                   | Understand specific training adaptation for (pre)diabetes clients and know acute and long-term effects of exercise in (pre)diabetes clients. Identify safe, effective, and targeted pre-habilitation exercises for this special population and employ exercise protocols within the realm of personal training for pre-diabetes clients.  |
| <b>Apply nutritional guidelines for (pre)diabetes clients</b>  | Have general knowledge of the guidelines for healthy nutrition for (pre)diabetes clients and for the prevention of hypoglycaemia during exercise. Provide general suggestions on food intake modifications for pre(diabetes) and communicate with the Dietician-Nutritionist who is involved in the multidisciplinary team.   |
| <b>Understand the psychosocial aspects of (pre)diabetes</b>  | Have knowledge and understanding of possible psycho-social effects for (pre)diabetes clients and be able to implement appropriate motivational strategies.  |
| <b>Work with physician's recommendations</b>   | Examine and integrate physicians' recommendations into the personal training exercise programme for (pre)diabetes clients. Be able to work within a multidisciplinary team, together with physiotherapists, nutritionists, psychologists and under the general supervision of a physician.  |
| <b>Manage healthcare referrals</b>   | Receive referrals from and refer clients to other healthcare providers as appropriate.  |
| <b>Educate exercise participants and encourage active and healthy lifestyles</b>                         | Educate the (pre)diabetes participant on the response of the body to exercise, during and after exercise. Promote an active and healthy lifestyle as a major preventive and life long process in order to affect positively and inspire optimally these clients. Be able to apply the knowledge of the physical activity programme and behavioural lifestyle education into a lifestyle intervention programme. |