

BCRPA REGISTERED FITNESS LEADERS

SCOPE OF PRACTICE



The Scope of Practice identifies the range of responsibilities for BCRPA Registered Fitness Leaders in each Specialty Module.

AQUATICS

1. Design, modify, and lead a safe and effective aquatic exercise group by providing effective and appropriate exercises to meet the needs of participants.
2. Lead participants who provide a healthy self-report (i.e. through the use of the current Par-Q+ or Get Active Questionnaire, who have received medical clearance) to participate in a general physical activity program.
3. Lead exercise groups based on FLC performance standards and guidelines.
4. Incorporate the use of appropriate exercise equipment based on specialized training and the identified needs of the participants.
5. Deliver nutrition information based on Canada's Food Guide.
6. Provide emergency care based on the participant's needs and/or according to facility protocol.
7. Refer to appropriate healthcare providers when dealing with clients who have conditions that the Leader is not specifically accredited to address.

GROUP FITNESS

1. Design, modify, and lead a safe and effective group exercise by providing effective and appropriate exercises to meet the needs of participants.
2. Lead participants who provide a healthy self-report (i.e. through the use of the current Par-Q+ or Get Active Questionnaire, who have received medical clearance) to participate in a general physical activity program.
3. Lead exercise groups that are based on FLC performance standards and guidelines.
4. Incorporate the use of appropriate exercise equipment based on specialized training and the identified needs of the participants.
5. Deliver nutrition information based on Canada's Food Guide.
6. Provide emergency care based on the participant's needs and/or according to facility protocol.
7. Refer to appropriate healthcare providers when dealing with clients who have conditions that the Leader is not specifically accredited to address.

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OLDER ADULT

1. Design, modify and lead a safe older adult exercise program by providing effective and appropriate exercises in order to meet the needs of participants.
2. Lead participants who provide a healthy self-report (i.e. through the use of the current Par-Q+ or Get Active Questionnaire, who have received medical clearance) to participate in a general physical activity program.
3. Lead exercise programs for older adults based on the information contained in the FLC performance standards and guidelines.
4. Incorporate the use of appropriate exercise equipment based on specialized training and the identified needs of the participants.
5. Deliver nutrition information based on Canada's Food Guide.
6. Provide emergency care based on the participant's needs and/or according to facility protocol.
7. Refer to appropriate health care providers when dealing with clients who have conditions that the Leader is not specifically accredited to address.

OSTEOFIT

1. 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.
2. Lead participants who provide a healthy self-report (i.e. through the use of the current Par-Q+, who have received medical clearance) to participate in a general physical activity program.
3. Lead exercise sessions that are based on BCRPA standards and guidelines.
4. Incorporate the use of appropriate equipment based on the needs of the participants.
5. Ensure a safe exercise environment utilizing standard screening tools.
6. Deliver nutrition information based on Canada's Food Guide.
7. Provide emergency care based on the participant's needs and/or according to facility protocol.
8. Refer to appropriate health care providers when dealing with clients with Osteoporosis or conditions or questions that the Leader is not specifically accredited to address.

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PERSONAL TRAINING

1. Design and instruct a comprehensive, individualized, safe, effective and appropriate program to meet the needs of participants
2. Ensure a safe exercise environment utilizing standard screening tools and obtain appropriate insurance coverage.
3. Lead participants who provide a healthy self-report (i.e. through the use of the current Par-Q+ or Get Active Questionnaire, who have received medical clearance) to participate in a general physical activity program.
4. Monitor progress and make regular adjustments to programs as needed.
5. Design short-and long-term programs based on FLC performance standards and guidelines.
6. Deliver nutrition information based on Canada's Food Guide.
7. Provide emergency care based on the participant's needs and/or according to facility protocol.
8. Refer to appropriate healthcare providers when dealing with clients who have conditions that the Leader is not specifically accredited to address.

PILATES

1. Design, modify and lead a safe mat Pilates fitness program by providing effective and appropriate exercises to meet the needs of the participants.
2. Lead participants who provide a healthy self-report (i.e. through the use of the current Par-Q + or Get Active Questionnaire, who have received medical clearance) to participate in a general physical activity program.
3. Lead exercise groups that are based on FLC performance standards and guidelines.
4. Incorporate the use of appropriate exercise equipment based on the identified needs of the participants.
5. Deliver nutrition information based on Canada's Food Guide.
6. Provide emergency care based on the participant's needs and/or according to facility protocol.
7. Refer to appropriate healthcare providers when dealing with clients who have conditions or questions that the Leader is not specifically accredited to address.

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WEIGHT TRAINING

1. 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.
2. Lead participants who provide a healthy self-report (i.e. through the use of the current Par-Q+ or Get Active Questionnaire, who have received medical clearance) to participate in a general physical activity program.
3. Provide weight room monitoring and equipment orientation.
4. Act as a resource and refer to appropriate healthcare providers when dealing with clients who have conditions that the Fitness Leader is not specifically accredited to address.
5. Deliver nutrition information based on Canada's Food Guide.
6. Provide emergency care based on the participant's needs and/or according to facility protocol.

YOGA

1. Design, modify and lead safe, effective and appropriate yoga fitness programs to meet the needs of the participants.
2. Lead participants who provide a healthy self-report (i.e. through the use of the current Par-Q+ or Get Active Questionnaire, who have received medical clearance) to participate in a general physical activity program.
3. Lead exercise sessions that are based on FLC performance standards and guidelines.
4. Incorporate the use of appropriate equipment based on specialized training and the needs of the participants.
5. Act as a resource and refer to appropriate healthcare providers when dealing with participants with conditions that the Yoga Fitness Leader is not specifically accredited to address.
6. Deliver nutrition information based on Canada's Food Guide.
7. Provide emergency care based on the participant's needs and/or according to facility protocol.

Note: Bikram style of yoga classes and Inversion asanas are not covered under your BCRPA registration insurance.

YOUR BCRPA REGISTRATION MATTERS

BCRPA is the exclusive provider in BC of the Fitness Leadership Canada FLC Performance Standards.

These standards are among the highest in Canada for the credentialing of Fitness professionals.

Further, the FLC links the provincial registering bodies, enabling you to transfer your BCRPA fitness registration to other provinces in Canada and internationally.

This means that as a BCRPA-Registered Fitness Leader, you hold a nationally recognized and highly valued credential.

