

REPS LEVEL 4 SPECIALIST EXERCISE INSTRUCTOR

The following qualification requirements/profile will need to be fully met for any member to be awarded the status of Level 4 Specialist Exercise Instructor:

- PRE-REQUISITES** Registration status of **full Level 3 Advanced Instructor** – plus **all** of the following:
- An additional context (unit) at Level 3 – i.e. older adults, children, personal training, disabled persons, or ante/post natal or D449 (see below), **and**,
- 1,200 hours of appropriate professional experience (1 year), which can be at level 3, but fully referenced, **and**,
- A new unit in Professional Practice which will include:
- Review of health care systems (in home countries)
 - Inter-professional communication
 - Client-centered support
 - Professional behaviour
 - Risk stratification
- Please note: that these requirements will be included when the revision of unit D449 is completed by 2009. In the intermediate time, the Register will arrange a programme of training to be available to cover these professional practice requirements, and which will contribute towards CPD, and,*
- EX. REFERRALS** Any exercise professional working within a formal context of referred populations must also complete a REPs approved exercise referral unit of qualification (such as D449 “*Design agree and adapt a physical activity programme with referred clients*”). This requires L3 advanced instructor status of registration as a pre-requisite, **and**,
- LEVEL FOUR UNIT(S)** Selection and completion of one or more L4 units from the following:
- D513 Design agree and adapt a physical activity programme for adults with obesity and diabetes mellitus
 - D514 Design agree and adapt a physical activity programme with older adults with a history of falls
 - D515 Design agree and adapt a physical activity programme with adults with mental health problems
 - D516 Design agree and adapt a physical activity programme with adults after stroke
 - D517 Design agree and adapt a physical activity programme with adults requiring accelerated rehabilitation exercises (This is for restricted military use only)
 - Unit D518 Design, agree and adapt a physical activity programme for adults with cardiac disease
 - Unit D519 Design, agree and adapt a physical activity programme with adults with low back pain
- Please note: Level 4 specialist instructors should refer to the REPS Code of Ethical Practice with regard to CPR training as it is likely that they will require CPR for working with the client groups of these units.*