



## **Final Group Exercise Leader Scope**

**The NFLA Group Exercise Leader is qualified to:**

- 1. Design, modify and lead a safe land exercise group by providing effective and appropriate exercises in order to meet the needs of the participants.**
- 2. Lead participants that provide a healthy self-report through the use of the current PAR-Q or who have received medical clearance to participate in a general physical activity program.**
- 3. Lead exercise groups that are based on NFLA 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.**