

Fitness Leadership Training

Scope of Practice

Individual Fitness Leader

- **Objective**

The objective of the MFC Fitness Leader with Specialty in Individual Fitness accreditation is to recognize the qualifications of these leaders so that they may work effectively in an **individual** setting within their scope of practice in the province of Manitoba.

- **Definition**

To provide motivation and education to an individual by administering a safe program of basic exercise in order to promote physical activity.

- **Scope of Practice**

- Individual Fitness Leaders will:
 - Provide motivation, instruction and education to promote physical activity within the parameters of Canada's Physical Activity Guide and Manitoba Fitness Council standards.
 - Administer an individualized, safe, effective and appropriate program of basic exercise by applying current recommended guidelines (F.I.T.T., ACSM, MFC, NFLAC, and Canada's Physical Activity Guide to Healthy Active Living) for apparently healthy individuals who have signed an informed consent form and have answered negatively to all questions on an unmodified PAR-Q.
 - Refer a client who answers yes to any question on the PAR-Q to a physician, who must then clear the client for unrestricted physical activity (PARmed-X and/or PARmed-X for Pregnancy). If at any time a client's health status changes as defined by the PAR-Q, the client must be referred to their physician for reassessment via PARmed-X and/or PARmed-X for Pregnancy.
 - Refer to provincially certified health care providers as required (e.g. If client requests nutrition information beyond the Canada Food Guide, they must be referred to a registered dietitian or degreed nutritionist).
 - Facilitate safe progression of the basic exercise program within the above guidelines.

- Fitness Leaders with Specialty in Individual Fitness are **not** sanctioned to:

- Give specific exercise prescriptions or provide dietary information beyond the Canada Food Guide.
- Work with individuals other than those who are "apparently healthy", i.e. clients who answer "yes" to one or more questions on an unmodified PAR-Q and have not been cleared for unrestricted physical activity by the physician (PARmed-X).

• **Entrance Requirements**

- MFC Resistance Training Accreditation.
- Recommended completion of Older Adult Knowledge Enhancement Course.

• **Accreditation Requirements**

Successful completion of:

- MFC Individual Fitness Leader Course.
- Written Exam.
- Practical Evaluation.