



## **Resistance Training Scope**

**The NFLA Resistance Training Leader (RTL) is qualified to:**

- 1. Lead a safe and effective weight room monitoring and equipment orientation including cardiovascular and resistance training applications**
- 2. Identify the training needs of the participant and lead exercises based on the specialized training of the fitness leader**
- 3. Lead a safe group exercise class utilizing resistance training applications**
- 4. Lead exercise groups that are based on NFLA performance standards and guidelines.**
- 5. Lead participants that provide a healthy self-report.**
- 6. Deliver nutritional information based on Canada's Food Guide.**