



# The Register of Exercise Professionals

Welsh Convention

12<sup>th</sup> February 2010



REGISTER OF EXERCISE PROFESSIONALS



# The Register of Exercise Professionals

Welsh Convention

12<sup>th</sup> February 2010

John Byers, REPs Welsh Officer



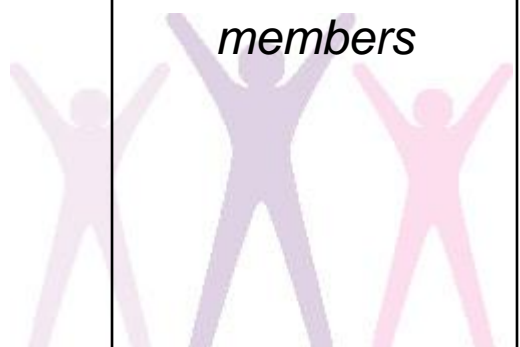
REGISTER OF EXERCISE PROFESSIONALS

AM	AM SESSIONS	PM	PM SESSIONS
10.00	Welcome and Introduction (John Byers, REPs)	12.05	Workshop Session 1
10.05	Exercise Professionals – into the next decade (Jean-Ann Marnoch, REPs Registrar)	13.05	Lunch
10.30	<b>Key Note Speaker 1:</b> 'Weight Management, Nutrition and Obesity' (Professor David McCarthy, London Metropolitan University)	13.50	Workshop Session2 2
11.30	Welsh Assembly Government Physical Activity Department Update (Jeannie Wyatt-Williams, WAG)	14.50	Break
11.50	Break	15.00	<b>Key Note Speaker 2:</b> 'Strength training for performance in sport' (Dr Jeremy Moody, Strength & Conditioning Senior Lecturer, UWIC)
		16.10	Close (Jean Ann Marnoch, REPs)

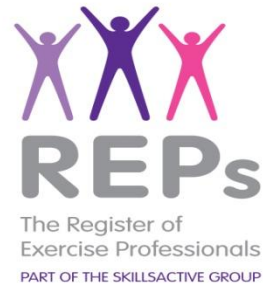


# REGISTER OF EXERCISE PROFESSIONALS

	<u>Meeting Room 1</u>	<u>Spin Studio</u>	<u>Studio</u>	<u>Meeting Room 2</u>
12.05 to 13.05	<b><u>WORKSHOP 1A</u></b> <b>University of Glamorgan</b> <i>Obesity and Physical Activity: From Evidence into Practice</i>	<b><u>WORKSHOP 1B</u></b> <b>Later Life Training</b> <i>Evidence-based Level 4 Specialist Training</i>	<b><u>WORKSHOP 1C</u></b> <b>Fitness Wales</b> <i>Choreography toolbox: Back to Basics!</i>	<b><u>WORKSHOP 1D</u></b> <b>Fit Pro</b> <i>Postural Analysis</i>
13.50 to 14.50	<b><u>WORKSHOP 2A</u></b> <b>Premier Training</b> <i>Training clients with Back Pain</i>	<b><u>WORKSHOP 2B</u></b> <b>Exact Training &amp; Resources</b> <i>Working with Clients with Mental Health Problems</i>	<b><u>WORKSHOP 2C</u></b> <b>Fitness Wales</b> <i>Functional Testing</i>	<b><u>WORKSHOP 2D</u></b> <b>Fit Pro</b> <i>Building rapport with clients and members</i>



# REGISTER OF EXERCISE PROFESSIONALS



# The Register of Exercise Professionals

Convention

Wales

12<sup>th</sup> February 2010



REGISTER OF EXERCISE PROFESSIONALS

## REPs Mission

***‘To ensure that all exercise professionals are suitably knowledgeable and qualified to safeguard and to promote the health and interests of the people who use their services’***



# Currently

- 28,000 members
- Over 65% at level 3 – up 40% since 2003
- Level 4 = 500
- Exercise Referral UK 1809 (6.57%)
- Provisional membership down from 40% to **8%**
- 78% re-register



# Currently in Wales

- 1000 members
- Over 69% at level 3
- Provisional membership **8%**
- Exercise Referral Wales 153 (16.2%)



# Me

- Instructor - 26 years (both self-employed & employed)
- Training provider – tutor 14 years
- Awarding body verifier - 8 years
- Director awarding body – 5 years
- Event director fitness weekends – 12 years
- Celebrity video choreographer x 12
- EHFA – 6 years



# So far

- New public friendly website
- New publishers for Journal and Ezine includes online animated articles
- New insurance scheme includes Personal Accident (previously £46)
- New Logos
- Higher Education application form



# So far

- New leaflets/ booklets
  - Instructors
  - Employers
  - Health practitioners
  - CPD
- 5 REPs conventions
- Test centres to convert provisional to full membership through proper assessment
- REPS Customer Service Survey
- Published Customer Service Promise
- **New Structure for REPs entry**

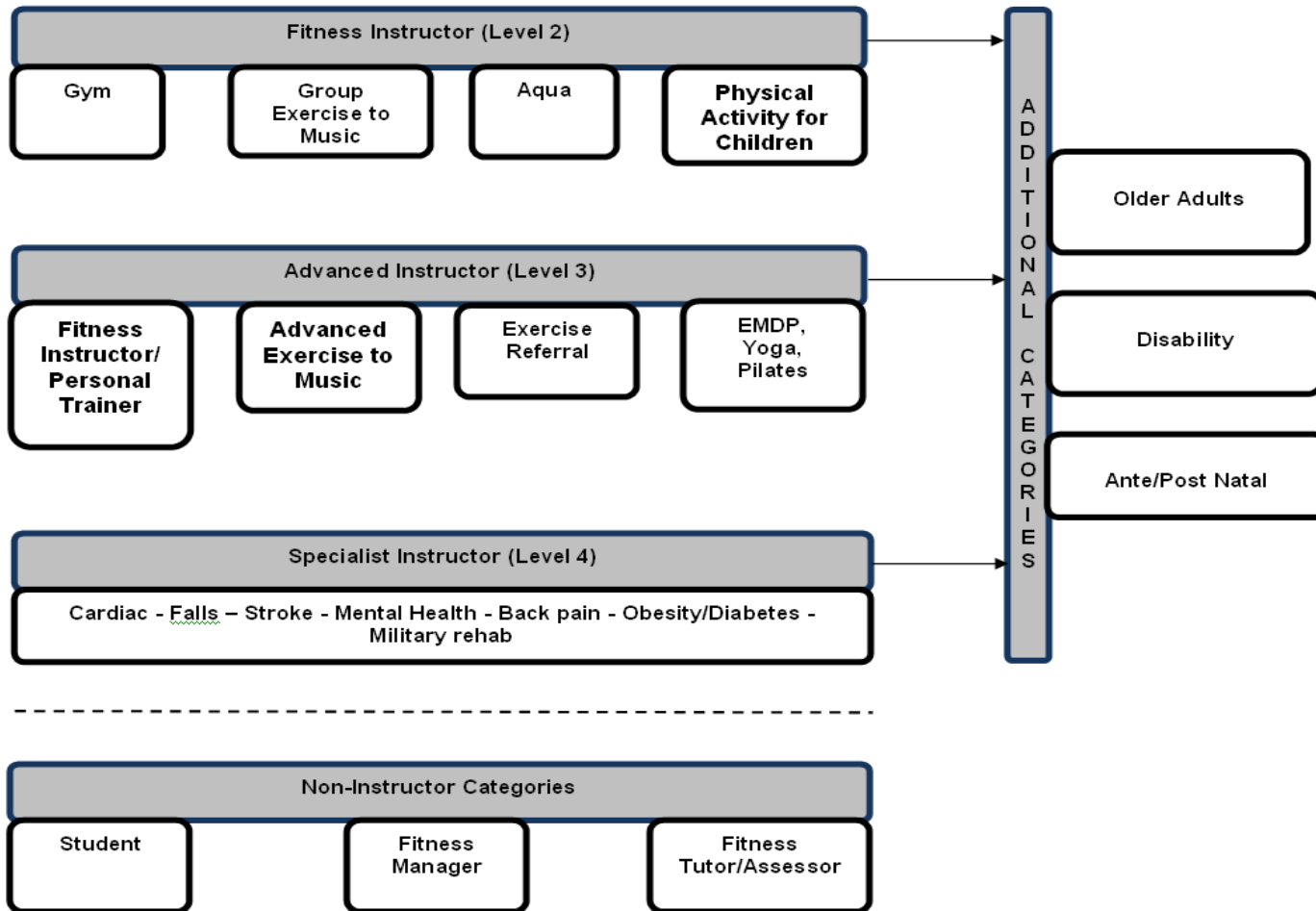


# Biggest consultation this industry has seen

- 4 national employer events
- 4 national consultation events
- REPs membership
- Awarding bodies and training providers
- Fitness Industry Association
- **Any one with an interest in this industry**



# REPs STRUCTURE



Full Screen  
Close Full Screen

# REPs New Structure

## ➤ Level 2

- Gym, Exercise to Music, Aqua, Physical Activity for Children

## ➤ Level 3

- Fitness Instructor/Personal trainer, Advanced Exercise to Music, Exercise Referral, EMDP, Yoga & Pilates

## ➤ Level 4 (Specialist)

- Cardiac, Falls, Low Back Pain, Stroke, Mental Health, Obesity & Diabetes, Military Rehab, *Chronic Respiratory Disease, Cancer*

## ➤ CPD Additional Categories – Floating units

- Older Adults, Disability, Ante/Postnatal

## ➤ Non Instructor Categories

- Student, Fitness Manager, Fitness Tutor/Assessor



# Key features of the proposed structure of REPs

- Reduced number of categories of registration to aid clarity
- All categories linked to occupations in the industry
- Levels linked to QCF and EQF level descriptors
- Clarity and Simplicity:
  - Medical profession
  - Employers
  - Public
  - Governments



REGISTER OF EXERCISE PROFESSIONALS

# Future Vision

- Continue to raise standards and professionalise the industry
- Raise the profile of and commitment to REPs across the health, exercise and fitness sectors
- **Increase public awareness – brand awareness**
- **Gain trust and respect of allied health professions**
- Improve ‘**value**’ and create the ‘**desire**’ for members to be recognised as professionals
- FIA Code of Practise - establish registration with REPs as a pre-requisite for seeking employment within the industry



# Future Vision

- **Increase public awareness – brand awareness**
  - Boards/plaques visible in clubs and centres
  - REPs members badges
  - Resources for REPs members to use with their clients
  - Marketing materials



# Future Vision

- **Gain trust and respect of allied health professions**
  - Exercise Referral Steering Group
  - Exercise Referral forum (6 Royal Colleges)
  - British Heart Foundation Tool Kit
  - Attendance at NHS conference
  - Attendance at Royal College of Nurses Congress
  - Shortage of Exercise Referral qualified instructors





# International benchmarking

Australia, New Zealand, Europe



**icreps**

International Confederation of  
Registers for Exercise Professionals

**REGISTER OF EXERCISE PROFESSIONALS**

# Our Message...

- More people
- More active
- More often
  
- **More professional**



## REPs – Who Runs It ...?

- Jean Ann Marnoch, Registrar
- Robert McGregor, Systems Manager
- Rebecca Weissbort, External Liaison Manager
- Dottie Calderwood, CPD Compliance Officer
- Alison Frater, Register Manager
- John Byers, Register Officer Wales (part time)
- And **most importantly** our Member Services Team

# Further information?

**Jean-Ann Marnoch, Registrar REPs**

**E-Mail:**      [Jean-Ann@exerciseregister.org](mailto:Jean-Ann@exerciseregister.org)

**Tel:**            **020 8686 6464**

**Thank you**

