



The Register of Exercise Professionals

20th May 2010

South East Convention



REGISTER OF EXERCISE PROFESSIONALS



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John Byers, Events Coordinator



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AM	AM SESSIONS	PM	PM SESSIONS
10.00	Welcome and Introduction (John Byers, REPs)	12.05	Workshop Sessions 1
10.05	Exercise Professionals – into the next decade (Jean-Ann Marnoch, REPs Registrar)	13.05	Lunch
10.30	Key Note Speaker 1: 'Nutrition for Competition' (Lucy Hale, University of Kent)	13.50	Workshop Sessions 2
11.30	Wellbeing South East Update (Paul Jarvis, Development Manager)	14.50	Break
11.50	Break	15.00	Key Note Speaker 2: 'Dynamic correspondence of strength training to sports performance' (James Wild, Head of Training, Premier Training International)
		16.10	Close (Jean Ann Marnoch, REPs)

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	F1	F2	F3	Boardroom
12.05 to 13.05	<u>WORKSHOP 1A</u> <i>Fit Pro</i> <i>Postural Analysis</i>	<u>WORKSHOP 1B</u> Yfit <i>Logical Learning Curves</i>	<u>WORKSHOP 1C</u> Lifetime <i>Nutrition considerations for exercise referral clients</i>	<u>WORKSHOP 1D</u> Rebecca Weissbort <i>The PT Business Clinic</i>
13.50 to 14.50	<u>WORKSHOP 2A</u> Premier Training <i>Training clients with Back Pain</i>	<u>WORKSHOP 2B</u> <i>Fit Pro</i> ViPR Training Tool	<u>WORKSHOP 2C</u> BACR <i>Importance of Physical Activity and Exercise in Cardiovascular Disease</i>	<u>WORKSHOP 2D</u> Nordic Walking <i>Walk the Weight Off!</i>

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Jean-Ann Marnoch, REPs Registrar



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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'



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SkillsActive
More People, Better Skills, Better Quality

Currently

- 28,000 members
- Over 65% at level 3 – up 40% since 2003
- Level 4 = 522
- Exercise Referral UK 1837
- Provisional membership down from 40% to 8%
- 78% re-register



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Achievements

- New public friendly website
- New publishers for Journal and Ezine
- New insurance scheme includes Personal Accident (previously £46)
- New Logos
- Higher Education application form
- Established a level 4 panel for complex L4 applications





Achievements

- 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



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Achievements

- **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
- **New Structure for REPs entry**





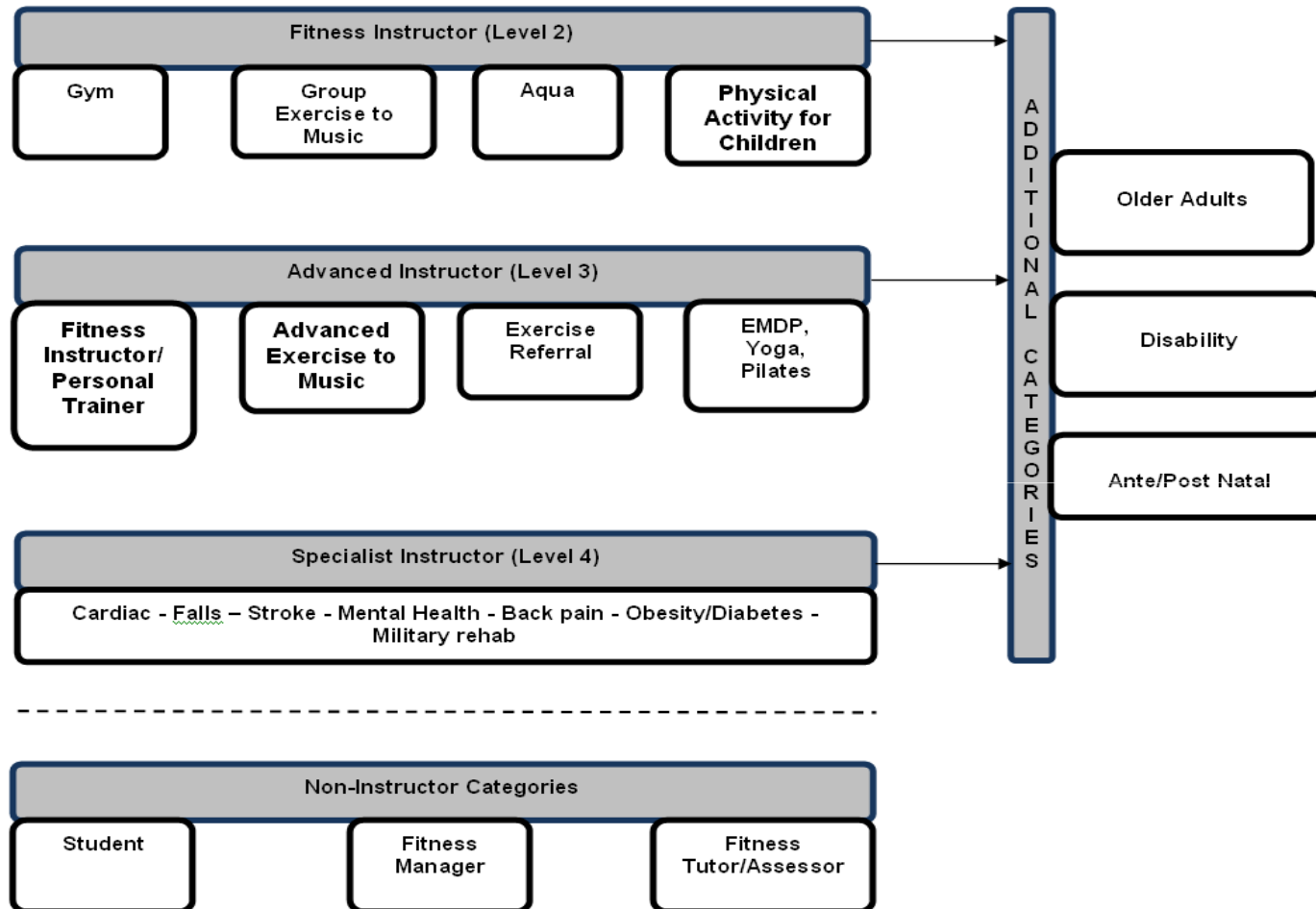
Biggest consultation this industry has seen

- 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**



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REPs STRUCTURE



Full Screen
Close Full Screen

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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
 - Media



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REPs continues 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



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Gain trust and respect of allied health professions

- FIA Exercise Referral Steering Group
- FIA Exercise Referral forum (6 Royal Colleges)
- British Heart Foundation Tool Kit
- Attendance at NHS conference
- Attendance at Royal College of Nurses Congress



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International benchmarking

Australia, New Zealand, Europe



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Our Message...

- More people
- More active
- More often

- **More professional**



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Further information?

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Thank you



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