

**Register of Exercise Professionals (REPs)
Application for Level 4 Registration
Strength and Conditioning Trainer - Supporting Evidence**

Strength and Conditioning Trainers at Level 4 on the Register of Exercise Professionals (REPs) must show that they have gained the skills and knowledge contained in one or more of the Level 4 National Occupational Standards.

The normal route to achieving Level 4 status is by achieving an approved award or qualification in one of the REPs Level 4 medical areas.

This form is to be completed **ONLY** by individuals who have full REPs status at Level 3 as a Personal Trainer but do not hold a REPs recognised Level 4 award or qualification.

This form gives you the opportunity to demonstrate your knowledge, competence and skills to gain acceptance at Level 4 as a Strength and Conditioning Trainer

Personal Details

From:	Compliance Manager SkillsActive 6 Graphite Square Vauxhall Walk London SE11 5EE
REPS Registration Number:	Current I:

Level 4 Criteria

Full level status	
Level 3 Personal Trainer	Yes/No
1200 hours appropriate professional experience designing, delivering, monitoring and evaluating relevant physical activity to patients/clients in your area of specialism(reflected in CV or letter of reference)	Yes/No

Your application will be reviewed against the Level 4 National Occupational Standards (attached) for Strength and Conditioning. Therefore you must explain how your qualification and experience meets these standards.

Please complete the application form and ensure that the detail you give is specific to the NOS. The level of detail you give (together with supporting documentation) will assist the Compliance Manager to come to a decision on your application.

(1) Briefly outline your experience in the last 2 years of exercise programming and prescription within this area stating approximately the hours per week spent working.

A large, empty rectangular box with a black border, intended for the user to provide their response to the question above.

(2) Please list the qualifications that you hold highlighting those which you feel are at an equivalent level to a Level 4 unit. Give a brief outline of the course length, the content, the assessment process and awarding body. Please attach a copy of the syllabus (if available).

(3) Please comment in the boxes below on how the content of your qualifications relate to the criteria in the attached National Occupational Standards for Strength and Conditioning.

The detail for these can be found in the Standards in the "Performance Criteria" and "Knowledge and Understanding Criteria".

Performance Criteria

Knowledge and Understanding Criteria

If necessary please continue using another sheet

Professional Reference

You must obtain a reference to support your application – the referee should justify that this person has been designing exercise programmes for clients from the relevant medical area

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Name of referee	
Position and organisation	
Signature and date	
Contact email/or telephone number:	

Checklist

Have you:

- Completed all sections?
- Obtained a professional reference?
- Included a CV with this application form?
- Included a copy of the syllabus of your qualifications (if available)

Applicants signature:

Date: