



The Register of  
Exercise Professionals  
PART OF THE SKILLSACTIVE GROUP

# What is REPs?

## (Register of Exercise Professionals).

REPs is an independent public Register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of our key functions is to provide a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed national occupational standards.

Follow us on:  @REPSUK  [www.facebook.com/REPSUK](http://www.facebook.com/REPSUK)

[www.exerciseregister.org](http://www.exerciseregister.org)

### What is the function of REPs?

Membership of REPs provides assurance and confidence to consumers, employers and the health professions that all registered exercise professionals are appropriately qualified and have the knowledge, competence and skills to perform specific roles.

### Specifically in Wales:

Instructors involved in the delivery of fitness related projects supported through Sport Wales funding must be REPs registered. Wales has its own specific REPs officer, John Byers, and John can be contacted on [wales@exerciseregister.org](mailto:wales@exerciseregister.org) or **02920 444150**

### Who are our members?

Membership is open to all exercise and fitness professionals who work as:

- Gym instructors
- Aqua teachers
- Group Exercise to Music instructors
- Personal trainers
- Yoga teachers
- Pilates instructors
- Exercise Referral instructors
- Instructors working with special populations e.g. pre and post natal, older adults, disability
- Exercise Movement & Dance Partnership (EMDP) teachers
- Cardiac Rehab Phase IV Exercise Instructors
- Postural Stability Instructors (PSI)
- Lower Back Pain Instructors
- Other medical conditions e.g. obesity/diabetes, cancer rehabilitation, mental health
- Remedial Instructor (Military Only)

### What qualifications are recognised by REPs?

Qualifications accepted for registration are detailed within our **Qualifications & Training Portal**. This list is subject to amendment and regular updating. If you hold a Higher Education degree you can register by following our online process for **Joining with Higher Education Qualifications**. The standard qualifications that REPs members use to register are Level 2 Gym Instructor or Exercise to Music, and Level 3 Personal Trainer.

### What qualifications are not recognised by REPs?

The above examples are what is known as 'entry qualifications' where we can ensure the instructor has met the minimum standards, and been assessed against these national (and international) standards. Additional qualifications and courses will build on these minimum standards such as Zumba, Indoor Cycling, Street Dance and Boxercise. These additional courses, also known as CPD courses, will not gain entry onto REPs on their own – the instructor will need to provide evidence of their entry qualification before they can be registered.

Sports Coaching, Dance or Martial Arts qualifications will not gain entry onto REPs because they do not map to the knowledge requirements of an exercise professional. However, fitness industry training providers may be able to take into account Recognition of Prior Learning (RPL) so the candidate can complete a theory paper and/or a practical assessment instead of completing a full qualification. This is also an option for people who have completed older qualifications or have qualifications from overseas.

### What is CPD?

CPD (Continuing Professional Development) is the mechanism that REPs uses to ensure its members are remaining up to date. Members need to gain on average 12 CPD points per year and these can be gained by attending courses and conferences, completing online questions and exams, and completing assessed courses and qualifications.

*continued over...*

## What is CPD? *continued*

A CPD point roughly equates to one hour of work so between 3 and 8 points per day (6-8 points are only provided if the learning is assessed). CPD is not designed to be onerous or expensive - for example a one day REPs Convention provides 3 CPD points and costs £45, and REPs offers free CPD tests through their website ([www.exerciseregister.org/members/technical-articles](http://www.exerciseregister.org/members/technical-articles)).

More details on CPD can be found on the REPs website [www.exerciseregister.org/members/cpd](http://www.exerciseregister.org/members/cpd)

## How to register with REPs:

Registration can be completed online by uploading the relevant paperwork or by sending the required paperwork to the REPs head office. REPs requires copies of qualifications (including a letter of authenticity to confirm an appropriate person has seen the originals), copy of insurance policy or employer/club confirmation (more details below), and an industry specific CV is also useful. The following links will take you directly to joining online and the registration resources respectively:

[www.exerciseregister.org/registration/find-the-correct-joining-pathway](http://www.exerciseregister.org/registration/find-the-correct-joining-pathway)

[www.exerciseregister.org/members/registration-resources](http://www.exerciseregister.org/members/registration-resources)

## Cost

REPs registration is **£40 per year**, and the **REPs £10 million civil liability insurance policy** is an **additional £55**. If the member delivers **Sports Massage** there is also an option of an additional insurance to cover these activities, the **additional cost is £40**.

## Insurance

If you will not be purchasing insurance through REPs, please provide a copy of your own insurance policy, or if you are covered by your employers/clubs insurance please provide a signed letter from your employer/club confirming this.

More information on the REPs insurance scheme can be found at [www.exerciseregister.org/members/reps-insurance](http://www.exerciseregister.org/members/reps-insurance)

## Benefits of registering with REPs

- Being a member of REPs means that you have met the agreed National Occupational Standards which describe the knowledge, competence and skills of good practice i.e. you hold recognised and approved qualifications. You are also committed to ongoing professional development, and you hold appropriate insurance.
- By registering with REPs you improve your employability as many employers in the fitness industry require REPs registration. You also gain international recognition through the IC (International Confederation) REPs.
- REPs members can also access our services such as the Members Area, REPs insurance policy, 24 hour legal helpline, training portal, and research activities..
- REPs members receive monthly ezines the REPs Journal every 4 months and discounted entrance to the REPs Conventions that take place throughout the UK.
- REPs members receive numerous discounts through our various partners

Follow us on:  @REPSUK  [www.facebook.com/REPSUK](http://www.facebook.com/REPSUK)

[www.exerciseregister.org](http://www.exerciseregister.org)