

Physiotherapists and the Register of Exercise Professionals (REPs)

Purpose of this document

To outline chartered physiotherapists' eligibility to join REPs.

What is REPs?

REPs, through a process of self-regulation, aims to ensure that all exercise professionals are suitably knowledgeable, trained and qualified to help safeguard and to promote the health and interests of the people who use their services. It requires exercise professionals to work within a Code of Ethical Practice.

Why is this statement needed?

REPs has increasingly been receiving requests from UK qualified physiotherapists to be included on the register, based on their physiotherapy training and experience. The CSP recognises its members' interest in maximising their employment opportunities however qualification as a physiotherapist does not automatically imply eligibility for the register.

Statement for CSP members (including students, assistants and qualified members)

To be approved for inclusion on the Register of Exercise Professionals (REPs) at Level 2 or 3, Chartered Society of Physiotherapy members must:

- a) Achieve a nationally recognised exercise instructor qualification, approved by SkillsActive and recognised by REPs as meeting the relevant National Occupational Standards (NOS) (according to the REPs Level/Category of Registration sought e.g. Level 2 Gym Instructor, Level 3 Personal Trainer etc)

To be approved for inclusion on the Register of Exercise Professionals (REPs) at Level 4, Chartered Society of Physiotherapy members must either:

OPTION 1

- a) Achieve a nationally recognised Level 3 Exercise Referral qualification, approved by SkillsActive and recognised by REPs as meeting the relevant Level 3 NOS

AND,

- b) Achieve a nationally recognised Level 4 Specialist Exercise Instructor qualification approved by SkillsActive and recognised by REPs as meeting the Physical Activity and Health NOS in one of more of the following areas: Cardiac Disease; Falls; Stroke; Mental Health; Back Pain; Obesity/Diabetes; Chronic Respiratory Disease; Cancer Rehabilitation; Long Term Neurological Conditions; Accelerated Rehabilitation (military only).

OR OPTION 2

- c) Achieve a nationally recognised Level 3 Exercise Referral qualification, approved by SkillsActive and recognised by REPs as meeting the relevant Level 3 NOS

AND,

- d) Complete a Level 4 mapping form to demonstrate their physiotherapy qualification meets the relevant Level 4 SkillsActive NOS according to the REPs Level 4 Category of Registration sought.

Recognised training leading to qualifications that give entry to REPs and all endorsed CPD can be found on the REPs Training Portal <http://www.exerciseregister.org/>

Scope of practice and Professional Liability Insurance (PLI) cover:

Providing you hold a 'full practising' category of CSP membership, your CSP PLI covers you for all activities that are within the scope of physiotherapy practice. The sector of your work is irrelevant and the PLI cover applies for NHS, private and voluntary sector work including treatment in patient's own homes.

If classes such as Pilates and Keep Fit are offered to patients/clients by a physiotherapist as part of a physiotherapeutic purpose then this is within the scope of physiotherapy practice. You may offer the classes as 1-1 or as group classes. You may wish to offer the classes in an exercise hall or other suitable venue, which may also include gyms. This can be viewed as part of the wider 'public health' remit of physiotherapy, in that you wish to offer exercise and/or conditioning classes to individuals or groups as part of a move to get people more active or fit and address health issues such as obesity or a sedentary lifestyle. In each example, provided that you advertise the classes are being delivered by a physiotherapist, and your clients are aware that they will be engaging with a physiotherapist, then you will be covered by CSP PLI.

Such classes are NOT covered by the CSP scheme in other contexts, for example, if you are employed as, or hold-yourself to be, a 'Pilates Instructor' or 'fitness trainer'. In such cases you are not delivering your services as a physiotherapist. If you hold additional specialist training in an exercise based modality it would be perfectly acceptable to say you are a 'physiotherapist trained in Pilates' [or whatever the modality is].

For more information please visit:

www.csp.org.uk
www.exerciseregister.org
www.skillsactive.com