

A Resistance Trainer is qualified to run *non-music based* classes such as boot camps, circuits, and workout clubs. They are also qualified to do weight room orientations & safety supervision, and teach 1-on-1 with clients who are in general

good health. They can teach the use of all weight training implements, including free weights and stack machines. They are qualified to design their own classes & programs for general health goals. They do



not do any body composition or fitness benchmark assessments. They are qualified to use the PAR-Q+ series of forms for client intake and are permitted to work with clients who do not have medical conditions or injuries that would be negatively impacted by exercise.

As RT is a prerequisite for Personal Trainer, PTs can do all of the same classes and training formats as an RT with the addition that they can work with clients who have health complications (if cleared by their medical professional), they can do fitness & health assessments, and they can design programs for very specific health and aesthetic goals. PTs may work with clients who are experiencing medical conditions providing they have the informed consent of their medical professionals. PTs also require additional annual CECs.



The NSFA represents Nova Scotia and Newfoundland & Labrador to the NFLA. All of our certifications are recognized and transferable anywhere in Canada.

The NFLA is the only Canadian representative to ICPREPs. Our certifications are transferrable to all other ICREPs member countries.

The Registry

To see who is certified or find educators in your community search our online registry:

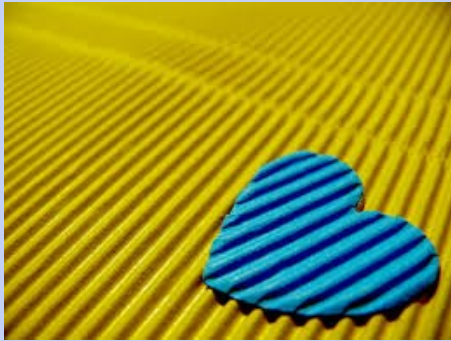
<http://www.nsfitness.ca/Registry>

Who Do I Hire?

A Guide for Hiring Exercise Educators



NSFA: Where Fitness & Education Meet



What is the law regarding certification ?

There are no Laws in Nova Scotia or Canada regarding who can or cannot call themselves a fitness instructor or personal trainer. Our industry is self-regulating and obtaining an exercise educator credential is voluntary. The aim of the NSFA, and our national and international partners, is to provide a standard to which educators and employers can adhere to assure quality exercise teaching.

What about brand name programs?

There are many branded programs in our industry which educators can *franchise or license* for local use. We do not certify people for these programs as each of them is a separate company onto themselves with their own requirements. Some of these meet our certification standards, but many do not. ***These programs are only included in NSFA's insurance if everything in them also conforms to our standards of practice.***

NSFA Certificate Foundations

All NSFA certified exercise educators take **Exercise Theory** as a foundational course. This course ensures all of our members have the basic knowledge of anatomy & physiology, movement mechanics, force production, energy systems, conditioning principles, risk assessment, basic nutrition (based on *Canada's Food Guide*), program planning and educational leadership skills required to be safe & effective exercise educators. The ET credit includes a written exam with a pass mark of 80% . Students then take their choice of teaching module (below) which also requires a written exam with an 80% pass mark and a practical evaluation. Certified educators must complete Continuing Education Credits (**CECs**) and re-certify their CPR certificate *annually* in order to maintain certification. The annual certification also includes liability insurance for all teaching work done in Canada.



Teaching Modules



Group Exercise Leaders teach aerobics and body-weight strength training classes that are lead to standardized fitness music. They are qualified to design their own classes, and with our NSFA certification add-ons can teach step, ballet barre, and use portable equipment. GELs can also teach non-music classes such as strength circuits and bootcamps.



Mind & Body Leaders teach *fitness level* yoga and rudimentary meditation. They are qualified to create their own classes and use basic yoga class tools (blocks, straps, etc). With additional outside training they might also add in elements of Tai Chi or mat-style Pilates. MBLs are not qualified for inversion yoga or hot yoga formats.



Indoor Cycling Exercise Leaders teach indoor classes on bikes (aka "spin"). They are qualified to design their own classes and to lead participants through proper bike set-up and adjustments. With our NSFA certification add-on course they can also add portable strength equipment to their class offerings.



Aqua Exercise Leaders teach aerobics and strength training in the pool using standardized fitness music. They can also use water-specific portable equipment. They are qualified to design their own classes.



Older Adult Leaders can teach aerobics and strength training classes to seniors or any other special population (*not including pre/post-natal*) that requires additional modification for their safety. They can teach to standardized fitness music or teach 1-on-1 with clients with special safety needs. They are qualified to design their own classes/programs and have additional training in the social benefits of exercise for older populations.