

Five Steps to REPs Level 4 Specialist Exercise Instructor

The following qualification requirements/profile will need to be met for any member to be awarded the status of Level 4 Specialist Exercise Instructor:

Level 4 Requirements:

1. Registration status of full Level 3 Advanced Instructor on REPs
2. An additional unit at Level 3. For example Older Adults, Personal Training, Exercise Referral, etc
3. 1,200 hours (1 year) of appropriate professional experience. This should be reflected in the CV and letter of reference (see below)
4. Completion of the online Professional Practice Unit. This can be found in the members' area of the website and is free to complete
5. At least one Level 4 qualification. At present, those available are:
 - BACR Phase IV Exercise Instructor Training
 - WRIGHT Foundation Cardiac Rehabilitation Phase IV
 - Later Life Training Postural Stability Instructor (PSI) Specialist Instructor Training
 - Active IQ Certificate in Exercise for the Management of Low Back Pain
 - Exercise after Stroke: Specialist Instructor Training Course
 - Discovery Learning - Certificate in Obesity and Diabetes Management
 - Exercise Rehabilitation Instructor (ERI) (Military Only)

To apply for Level 4

Please send a formal application to the REPs office. This should include:

- Covering letter stating that you wish to apply for Level 4 and confirming that you have completed the Professional Practice Unit
- Full industry CV
- A letter of reference from your current employer including the number of hours worked
- Evidence of your Level 4 qualifications e.g. photocopied certificate(s) plus letter of authentication

Please note: Level 4 specialist instructors should refer to the REPs Code of Ethical Practice with regards to CPR training as it is likely that they will require CPR for working with the client groups of these units.