



Physiotherapists and the Register of Exercise Professionals (REPs)

Purpose of this document

The Register of Exercise Professionals (REPs) has requested the Chartered Society of Physiotherapy (CSP) provides a statement outlining the eligibility of physiotherapists to join the register.

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 physiotherapists

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:

OPTION 1

- a) Achieve a nationally recognised Level 3 exercise instructor qualification, approved by SkillsActive and recognised by REPs as meeting the relevant Level 3 NOS (e.g. Personal Training; Advanced Exercise to Music; Exercise Referral; Yoga; Pilates; Exercise, Movement and Dance).

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; Military Rehabilitation.

OR,

OPTION 2

- c) Achieve a nationally recognised Level 3 exercise instructor qualification, approved by SkillsActive and recognised by REPs as meeting the relevant Level 3 NOS (e.g. Personal Training; Advanced Exercise to Music; Exercise Referral; Yoga; Pilates; Exercise, Movement and Dance).

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/>

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