Scope of Practice for Fitness Professionals

Bureau of Fitness Standards · bureauoffitness.org

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Owner	Standards Council
Review	Every 3 years, or sooner if requirements change

> Issued by BFS management as an interim edition. It will be reviewed and ratified by the Governing Board at its first meeting after the committees are constituted.

Within scope

- Pre-exercise screening, using validated questionnaires, and referral when indicated
- Fitness, movement and performance assessment using non-diagnostic tests
- Designing, instructing, supervising and progressing exercise programmes for apparently healthy people, and for people cleared by a health professional within that professional's guidance
- General, evidence-informed healthy-eating guidance in line with national public-health advice
- Behaviour-change support for physical activity
- Working as part of a team with health professionals

Outside scope

- Diagnosing any injury, disease or medical condition
- Treating injuries or medical conditions, including manual therapy, unless separately licensed
- Prescribing medication, supplements in therapeutic doses, or diets to treat a condition
- Advising on prohibited substances or methods, or on their dosing, sourcing or cycles
- Psychological counselling or therapy
- Claiming to cure or treat any condition

Referral

Refer the client to a doctor or other qualified health professional, and pause or adapt exercise, when screening raises concerns, when red-flag signs appear (for example chest pain, fainting, unexplained shortness of breath, numbness, severe or worsening pain), or when the client's needs go beyond your certification.

By level

Level	Scheme	Scope summary
Level 1	S101 Fitness Trainer; S102 Yoga Trainer	Safe, effective sessions for apparently healthy adults, with referral when needed
Level 2	S104 Strength and Conditioning Coach	Performance coaching: periodisation, load management, athlete monitoring
Level 3	S103 Biomechanics and Movement Specialist	Biomechanical analysis, graded loading and return-to-lift progressions in partnership with the health team; mentoring