

Scope of Practice

Group Exercise Leader

The SPRA Group Exercise Leader is qualified to:

1. Design and lead a safe land exercise group by providing effective and appropriate exercises in order to meet the needs of participants.
2. Lead participants that provide a healthy self-report through the use of the current PAR-Q+ or who have received medical clearance to participate in a general physical activity program.
3. Lead exercise groups that are based on FLC performance standards and guidelines.
4. Incorporate the use of appropriate exercise equipment based on specialized training and the identified needs of the participants.
5. Deliver nutrition information based on Canada's Food Guide.