



## **AFLCA Certified Fitness Trainer Scope of Practice**

### **The AFLCA Certified Fitness Trainer is able to:**

1. Administer applicable, appropriate pre-screening and assessment tools for the design and implementation of safe, effective, individualized exercise and physical activity programs to apparently healthy adults and adults cleared for unrestricted physical activity.
2. Monitor, document and modify exercise and physical activity sessions to ensure the safety and well-being of all adult clientele.
3. Provide basic nutritional information based on *Canada's Food Guide*.
4. Ensure safe environments for all exercise and physical activity sessions.