

PROVISIONAL MEMBER SCOPE OF PRACTICE

AFLCA Provisional Group Exercise Member

The AFLCA Provisional Group Exercise Member is able to perform the following under the direct supervision of a certified AFLCA Group Exercise Specialty Leader:

1. Lead a safe land exercise group* by providing effective and appropriate exercises in order to meet the needs of participants.
2. Lead exercise groups that are based on AFLCA standards NFLA guidelines.
3. Incorporate the use of appropriate portable equipment based on identified or implied needs of the participants.
4. Use the Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and Par-Q+.
5. Lead participants who are apparently healthy.

*A group is defined as a leader facilitated exercise session. AFLCA - Alberta Fitness Leadership Certification Association NFLA – National Fitness Leadership Alliance Par-Q+ - Physical Activity Readiness Questionnaire Produced by AFLCA - written permission required for reproduction.

AFLCA Provisional Aquatic Exercise Member

The AFLCA Provisional Aquatic Exercise Leader is able to perform the following under the direct supervision of a certified AFLCA Aquatic Specialty Leader:

1. Lead a safe aquatic exercise group* by providing effective and appropriate exercises in order to meet the needs of participants.
2. Adapt the principles of conditioning to the aquatic environment for effective exercise design.
3. Lead exercise groups that are based on AFLCA standards and NFLA guidelines.
4. Incorporate the use of appropriate portable equipment based on identified or implied needs of the participants.
5. Use the Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and Par-Q+.
6. Lead participants who are apparently healthy.

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AFLCA Provisional Resistance Training Member

The AFLCA Provisional Resistance Training Member is able to perform the following under the direct supervision of an AFLCA certified Resistance Training Leader:

1. Lead a safe exercise session by providing effective and appropriate exercises in order to meet the needs of participants.
2. Provide weight room monitoring and equipment orientation.
3. Lead exercise groups that are based on AFLCA standards and NFLA guidelines.
4. Lead introductory resistance training programs.
5. Lead participants who are apparently healthy.
6. Use the Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and Par-Q+.

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AFLCA Provisional Fitness for the Older Adult Member

The AFLCA Provisional Fitness for the Older Adult member is able to perform the following under the direct supervision of an AFLCA Certified Fitness for the Older Adult Leader:

1. Lead a safe exercise group* by providing effective and appropriate exercises in order to meet the needs of participants.
2. Lead exercise groups that are based on AFLCA standards and NFLA guidelines.
3. Incorporate the use of appropriate portable equipment based on identified or implied needs of the participants.
4. Use the Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and Par-Q+.
5. Lead participants who are apparently healthy.

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