

## Scope of Practice

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### AFLCA Group Exercise Leader

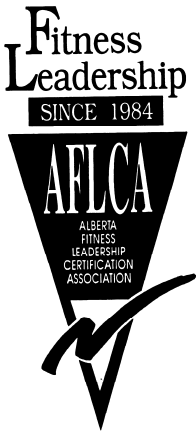
The AFLCA Group Exercise Leader is certified to:

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 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 that 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

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### AFLCA Aquatic Exercise Leader

The AFLCA Aquatic Exercise Leader is certified to:

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 that are apparently healthy.

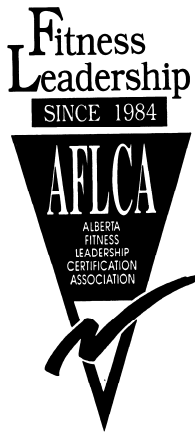
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### AFLCA Resistance Training Leader

The AFLCA certified Resistance Training Leader is able to:

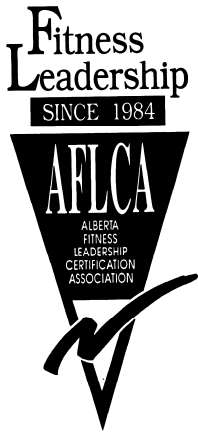
1. Lead a *safe* exercise session by providing *effective* and *appropriate* exercises in order to meet the needs of participants.
2. Provide weight room monitoring and equipment orientation.
3. Lead exercise groups that are based on AFLCA standards and NFLA guidelines.
4. Lead introductory resistance training programs.
5. Lead participants that 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 Fitness for the Older Adult Leader

The AFLCA Fitness for the Older Adult Leader is certified to:

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 that are apparently healthy.

\*A group is defined as a leader facilitated exercise session.

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Par-Q+ - Physical Activity Readiness Questionnaire

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