



IslandFitnessCouncil
DEVELOPING ACTIVE LIVING LEADERS

Scope of Practice Group Fitness Leader (GFL)

The IFC Group Fitness Leader is certified to:

- Lead a safe and effective land group fitness class* by providing effective and appropriate exercises in order to meet the needs of participants.
- Lead exercise groups that are based on IFC standards and NFLA guidelines.
- Incorporate the use of appropriate equipment based on identified or implied needs of the participants.
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and the PAR-Q.
- Lead participants that are **apparently healthy**.

*Once certified, a GFL is sanctioned by the IFC to lead group fitness classes in the following areas:

- High/low impact aerobics
- Step aerobics
- Muscular conditioning classes
- Combination classes using any of the above formats.

Once certified, a GFL is **not** sanctioned by the IFC to teach the following classes (additional training must be obtained):

- Group cycling classes
- Cardio Kickboxing or any variation
- Shallow or deep aquafit classes