



Scope of Practice Personal Fitness Trainer (PFT)

An IFC Personal Fitness Trainer is **recognized** to:

- Administer an individualized, safe, effective and appropriate program of basic exercise by applying current recommended guidelines – (F.I.T.T. Formula, CSEP, IFC, NFLA, and Canada's Physical Activity Guide to Healthy Active Living) for apparently healthy individuals who have completed and signed an informed consent form, and have answered negatively to all questions on an unmodified PAR-Q. To safely prescribe, monitor and change the exercise program design for individuals whose level of participation on the PARmed-X has been rated by their physician as unrestricted or progressive physical activity. ** *(If a client answers yes to any question on the PAR-Q, they must be referred to and cleared for unrestricted physical activity by the physician (PARmed-X and/or PARmed-X for Pregnancy). If at any time, a client's health status changes as defined by the PAR-Q, the client must be referred to their physician for reassessment via the PARmed-X and/or PARmed-X for Pregnancy.)
- Facilitate the safe progression of a basic exercise program within the above guidelines.
- Refer clients to provincially certified health care providers who fall outside the defined IFC Personal Trainer Scope of Practice.

An IFC Personal Fitness Trainer is **not recognized** to:

- Work with individuals other than "apparently healthy" i.e., clients who answer yes to one or more questions on an unmodified PAR-Q and have not been cleared for unrestricted physical activity by the physician (PARmed-X/PARmed-X for pregnancy).
- Diagnose or work independently with clients who require a medically supervised exercise program.
- Prescribe exercise for persons with a physical or mental disability.
- Provide dietary information beyond the Canada's Food Guide to Healthy Eating (e.g. If client requests nutrition information beyond the Canada's Food Guide to Healthy Eating, they must be referred to a Registered Dietitian).