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Mr Barnes
VTCT
Aspire House
Annealing Close
Eastleigh
Hampshire
SO50 9PX

Wednesday 4 March, 2015

Dear Mr Barnes,

Re: Support for VTCT qualifications in health and fitness

REPs is an independent, public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. REPs provides a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed National Occupational Standards. We work extremely closely with the key employers that deliver health and fitness to the public of the UK. The likes of Virgin Active, Nuffield Health and Fitness First are just a few of our 45 employer supporters.

We are pleased to provide this letter of recognition for the qualifications listed below as we feel these qualifications are fit for purpose in terms of progression to employment within the health and fitness sector, and is deemed a specialist category on our professional Register.

- **Qualification 1: VTCT Level 3 Diploma in Instructing Mat-Based Pilates (QCF) (600/7050/X)**

The VTCT Level 3 Diploma in Instructing Mat-Based Pilates (QCF) is mapped to the relevant National Occupational Standards (NOS) and includes units that are of suitable breadth and depth which will prepare individuals for employment as a Pilates instructor working with individuals and groups.

The qualification is underpinned by the relevant units in anatomy and physiology, the principles of exercise fitness and health, supporting clients and health and safety. These together with the understanding and skills developed in the programming and instructing units make for a sound Pilates qualification.

This qualification is of value to our industry and will suitable prepare individuals for employment as a Pilates instructor.

- **Qualification 2: VTCT Level 4 Certificate in Exercise for Management of Low Back Pain (QCF) (600/9981/1)**

The VTCT Level 4 Certificate in Exercise for the Management of Low Back Pain (QCF) was developed collaboratively with industry and in line with NOS.

As a higher level qualification it is important that learners develop a sound knowledge and understanding of low back pain, this is achieved through the 'Understanding low back pain' unit which includes prevalence, epidemiology, in-depth physiology, guidelines for management and the effects of interventions.

In addition, this qualification will comprehensively prepare learners to design and deliver safe and effective progressive exercise programmes for clients with low back pain. Furthermore, learners will understand the potential effectiveness of the activities, exercises and techniques used.

This qualification will suitably prepare exercise referral instructors to specialise in low back pain, and more specifically the use exercise and physical activity in the management of low back pain. This qualification will suitably prepare learners for employment in this specialist field.

- **Qualification 3: VTCT Level 3 Certificate in Personal Training (QCF) (500/8721/6)**

The VTCT Level 3 Certificate in Personal Training (QCF) was developed collaboratively with industry and adheres to the common qualification structure agreed by all awarding organisations included in the development group. The qualification is based on current NOS.

The units that make up the qualification include the necessary knowledge and understanding to provide learners with the necessary foundations, these include: supporting clients who take part in exercise and physical activity, principles of exercise, fitness and health, health safety and welfare, and anatomy and physiology for exercise and health.

The practical units include the necessary content that will ensure learners are sufficiently prepared to programme personal training, and in particular, collect client information, agree goals with clients, plan, manage and review programmes and adapt and modify programmes accordingly.

Furthermore, learners will also be prepared to instruct personal training, in particular, planning and preparing sessions, preparing clients, instructing and adapting exercises and bringing sessions to an end.

This qualification is challenging and comprehensive and will certainly prepare learners for employment as a personal trainer in a variety of contexts.

All three qualifications supported are of high value to the health and fitness industry and will serve valuable roles in preparing learners for employment in different contexts.

I confirm that I am happy for this letter to be made publicly available on the Department for Education and VTCT's websites to confirm our support for the qualifications.

Yours sincerely,



Greg Small
Head of Membership
REPs UK