



# Personal Trainer Specialist

## Scope of Ability

A Can-Fit-Pro certified Personal Trainer Specialist is qualified to:

- Evaluate client needs in physical activity and nutrition based on the counseling foundations in the Personal Trainer Specialist program and provide the client with a safe and effective exercise plan based on their needs, abilities and goals.
- Confirm that clients have completed the Physical Activity Readiness Questionnaire (PAR-Q developed by Health Canada), and then provide an individualized training session to apparently healthy individuals who have no known major medical conditions.
- Monitor client resting and exercise heart rate and blood pressure regularly.
- Develop a client specific exercise plan within your level of ability and progress to more advanced training techniques with clients once the proper competency has been achieved.
- Modify all client exercise technique as needed to strive for optimal individual biomechanical effectiveness.
- Promote the benefits of regular physical activity and a balanced lifestyle combined with a healthy diet using Canada's Physical Activity Guide as a reference.
- Provide generalized advice on nutrition based on Canada's Food Guide. Individuals who require more specific advice on diet and supplements must be referred to a qualified nutrition professional.
- Answer general questions for participants on injuries or discomforts related to exercise. All injuries must be diagnosed and treated by a qualified medical professional.
- Provide emergency care based on the participant needs (contact EMS, provide Emergency First Aid or CPR).

As a certified Personal Trainer, I agree to provide a safe and effective individual exercise program that provides appropriate exercise selection and intensity to meet the individual needs of each adult client.

As a certified Personal Trainer Specialist (PTS), I agree to respect my role, abide by the Code of Ethics and work within my Scope of Ability at all times.

I recognize that failure to follow this Scope of Ability will result in immediate removal of my PTS certification designation.