

## **REPs Ireland Continuous Professional Development (CPD) Requirements**

As a Registered Exercise Professional with REPs Ireland, you are committed to industry standards and ongoing professional development.

Continuing education helps advance your career and improve your existing skills as well as developing new ones. Your ongoing professional development involves completing 20 Continuous Professional Development points (CPD) every two years, in order to maintain your registration. CPD points are the units used to measure continuing education and can be gained through a variety of different avenues. 20 CPD points are the minimum required; however, you can complete more than this if you wish.

REPs Ireland encourages registered exercise professionals to gain CPD from a wide range of sources, to broaden and enhance your performance as an exercise professional. There are four different categories for CPD, and they are as follows:

### **1. Foundation Training (16 CPD Points)**

Foundation Training is the mandatory prerequisite to further CPD in the same discipline. Specialised areas such as; Strength & Conditioning, Special Populations and Specialist Exercise Instructor are constituted as foundation training.

### **2. Assessed (8-16 CPD Points)**

This form of CPD will have a mandatory assessment (formative or summative) linked to the programme learning aims and outcomes. Guided Learning Hours (GLH) must be a minimum of 8 hours and incorporate the assessment, pre-course study and break times. All training must be underpinned by current, valid research and be evidence based.

### **3. Non-Assessed (4-7 CPD Points)**

A non-assessed programme will not have a formal assessment but will include formative learning checks e.g. quizzes, group work, case studies etc. Guided Learning Hours (GLH) must be a minimum of 4 hours. Non-Assessed training programmes can be delivered online or face to face. All training must be underpinned by current, valid research and be evidence based.

### **4. Informal (1-3 CPD Points)**

Informal training does not require formal learning checks as it is predominantly research, practical training or self-directed learning e.g. short workshops, master classes etc. However, all training in this category must be underpinned by current, valid research and be evidence based.

### **5. Event (1-2 CPD Points)**

This form of CPD is for organised shared learning opportunities, including online e.g. conferences, seminars, forums, webinars and practical demonstrations.

REPs Ireland will accept CPD courses offered by training providers who have been approved through our independent partner approval company.

- Only REPs Ireland registered exercise professionals can use the approved CPD points
- A minimum of 10 CPD points must come through **assessed training** every 2 years
- A registered professional may not be accepted onto a training course where they are registered at a category level below the level of the training. i.e.: A Fitness Instructor/Group Exercise Instructor L3 will not be able to attend a L4 CPD course
- Where a CPD course is non-levelled, such as a workshop, seminar, conference etc, any registered professional can attend, and claim CPD points
- Registered members must keep a record of participation or completion of all CPD activities. Evidence in the form of a certificate of completion, attendance certificate, signed statement, receipts or other forms of evidence will be required to be submitted to REPs Ireland when renewing membership
- REPs Ireland does accept a limited amount of non-approved CPD (4 points every 2 years) This is to support registered professionals to access education and training, and gain recognition, from providers and sources outside of the traditional exercise profession education (allocated 1 CPD for every two hours)

\*Please Note there are currently no reciprocal agreements in place between National registers in relation to CPD. Approved CPD courses from other National Professional Registers can be claimed but will be allocated as 'Other CPD' (max 8 points every 2 years).

### **Reps Ireland Continuous Professional Development Summary Table**

To promote a diverse professional development, the following table indicates the maximum number of credits that will be accepted in any 2year period from any given CPD source.

<b>Type of Training</b>	<b>Maximum points per 2 years</b>
Foundation	No limit
Assessed	No limit
Non-Assessed	14 points
Informal	6 points
Event	4 points
Non-approved *1 point per 2 hours	4 points
Other CPD *from international registers	8 points
In house training *1 point per 4 hours	3 points