

Recomp Professional Scope of Practice

1. Introduction

Recomp was established to support professional Personal Trainers and Coaches providing weight training and diet services to achieve body composition outcomes (ie recreational and competitive bodybuilding) beyond the mediocrity of health and fitness, and beyond the utility of organised competitive sports. This activity is known as Body Recompositioning.

Recomp addresses the gap between the Scope of Practice of Strength and Conditioning Coaches and Fitness Professionals.

The Scope of Practice of Strength and Conditioning Coaches (with the Australian Strength and Conditioning Association; ASCA) limits practice to persons and athletes preparing for sporting competition. ASCA Coaches cannot coach the general public who, by definition, are not intending to engage in sporting competition.

The Scope of Practice of Fitness Professionals limits practice to exclude any form of sports coaching, or nutrition outside of the Australian Government Healthy Eating Guidelines. There are further limitations on Fitness Professional's practice based on the standards published by the Australian Government Health Department. Of relevance to exercise and nutrition for body composition change, those standards can be summarised:

- Reduce BMI below 25
- Engage in low risk physical activity for a minimum of 30 minutes, 3 times per week
- Eat according to the Healthy Eating Guidelines

These standards directly contradict what clients expect, want and need Personal Trainers and Coaches to achieve for recreational or competitive bodybuilding. For bodybuilding/body recomposition, the objectives and methods may include:

- Increase BMI *above* 25, 30 or higher.
- Engage in *maximal intensity*, heavy weight training
- Follow rigid *Sports Nutrition* protocols, with calories and nutrients as much as several multiples higher or lower than the Healthy Eating Guidelines

Bodybuilding and body recomposition is, therefore, completely incompatible with health and fitness standards. Hence, it is outside of the Fitness Scope of Practice.

Conversely, the public wanting professional coaching for recreational bodybuilding (ie not for competition) is outside a Strength and Conditioning Coach Scope of Practice. Compounding the issue, Bodybuilding is not a formally recognised sport by the Australian Sports Commission nor International bodies such as the International Olympic Committee. So there is a question whether strength and conditioning for bodybuilding competition is appropriate?

Recomp fills this gap between Personal Training for Fitness and Coaching for sport (Strength and Conditioning). We represent the small niche of professionals who provide Body Recomposition services to the public and athletes. Recomp is not an *alternative* to either AusActive or ASCA registrations, because our Body Recomposition Scope of Practice is (mostly) not covered by either.

2. The Recomp Definition of Body Recomposition

The complete Recomp definition of body recomposition/Body Recomposition is:

*the planned manipulation of body size, fat-mass and muscle-mass,
using measured physical exercise and sport nutrition prescriptions,
to improve the ratio of muscle mass to body-fat and/or bodyweight,
beyond the standards of health and fitness.*

Body Recomposition is the application of bodybuilding athlete-development practices to achieve a predefined level of low bodyfat and/or muscularity/muscle-mass. Recomp Body Recomposition covers body composition outcomes from fitness through to the highest levels of competitive bodybuilding.

Unlike the achievement of fitness, Body Recomposition is not concerned with, nor restricted to, clinically 'normal' or 'healthy' bodyweight, BMI or body-fat.

Unlike Strength and Conditioning, Body Recomposition is not limited to achieving physical capabilities that may directly or indirectly benefit another activity or sport. Body Recomposition is a stand-alone activity that can be practiced for it's own sake. The practice of Body Recomposition for non-competitive purposes is also termed: 'recreational bodybuilding'.

The specific activities involved in the activity of Body Recomposition include:

- Weight training (including powerlifting)
- Aerobic exercise ('cardio')
- Sports nutrition

The Recomp definition of Body Recomposition does not include surgical or medicinal methods of altering body composition.

3. The Role of a Recomp Body Recomposition Professional

The principal role of the registered Recomp professional is to measure, plan, program, coach and facilitate the effective achievement of Body Recomposition (ie the defined body composition goal) in healthy clients.

A Body Recomposition Professional can work towards goals from as low as clinical fitness, up to the highest levels of competitive bodybuilding.

Any healthy member of the public or competitive athlete may engage in the activity of Body Recomposition. They may utilise Body Recomposition Professionals to reduce their body fat or bodyweight and/or to increase their muscle mass, strength and/or bodyweight, without limitation.

A Body Recomposition Professional may work with athletes who have sporting goals separate to Body Recomposition. They can also work with the athlete's other coaches to develop an appropriate holistic plan. However, a Body Recomposition Professional is solely focussed on the athlete's body composition (and strength performance capabilities directly associated with body composition).

3.b Clientele

Registered Recomp Professionals are qualified to provide their services to clients of low to moderate risk; clients of the same physical state and capacity as would be appropriate to be trained by fitness professionals and/or athletes suitable to be trained by ASCA strength and conditioning coaches.

Recomp Registered Professionals may work with higher risk clientele (whose conditions are stabilised and managed) after making a written referral to, and receiving documented guidance on the exercise program from the clients' treating medical and/or allied health practitioner.

5. Equipment & Environment

Registered Recomp professionals may use any appropriate device for body composition measurement including but not limited to scales, skinfold callipers, measuring tapes, or accept provided results from DEXA, BodPod and/or BIA machines (including InBody).

Registered Recomp professionals may train clients in any weight training facility and/or use any facility for conducting aerobic activity for body recomposition for which they are qualified (ie treadmills, stationary bikes, running tracks, parks, recreational areas etc).

Registered Recomp Professionals may conduct assessments and deliver programs from anywhere, communicating via any medium.

4. Specific Practices

Recomp Registered Professionals are divided into 2 groups:

- Recomp Registered
- Recomp Certified

The following practices are common to both Recomp Registered and Recomp Certified professionals, provided that they are up-to-date with all Recomp education assessments.

- Typically works within one or more weight training facility(s) (ie public or private gym(s) or studio(s)).
- Regularly measures client's body composition. Plans and recommends strategies to achieve body composition change.
- Provides individually tailored exercise programs based primarily on weight training; though may include aerobic activities.
- Provides instruction and demonstration of exercise technique and supervises training sessions.
- May deliver exercise programs and general advice to remote clients without physical contact. This includes programming via the phone, email and/or internet based on relevant provided client information.
- Typically works independently. May be part of a group of Trainer/Coaches servicing clients and/or may support or lead other Trainers/Coaches.
- May deliver exercise instruction and supervision to more than one client concurrently
- may prescribe sports nutrition plans for body composition change and/or strength exercise performance, including but not limited to bodybuilding and powerlifting competition

Recomp Certified Professionals may additionally engage in the following additional practices:

- Recomp Certified Specialists are authorised to conduct the official assessments for certification of Recomp Registered Professionals.

5. Professional Development & Education

The entry level qualification for basic competence to safely deliver Body Recomposition services is attained with existing, relevant Australian educational qualifications, and is required for valid Recomp registration. The recognised qualification is:

- Certificate 4 (or higher) in Fitness

Upon registering with Recomp, all registrants are required to complete the free online Recomp Basics Certificate.

The most important professional development is attained on the job, through personal application/testing of methods, self-learning and any other education desired. To assess successful self-learning and practical experience outcomes, Recomp has a program of standardised assessments in the areas of:

- Service delivery success
- strength/weight training performance
- technical sports nutrition knowledge and
- successful manipulation of body composition

5.b Recomp Certification

Achieving the required levels of success (subject to change) in the Recomp Assessments is rewarded with Recomp Certification. There are 3 levels of Certification (plus 1 special level) with progressively greater status and recognition over non-certified professionals:

1. Recomp Certified Trainer - public recognition as an exceptional novice Trainer
2. Recomp Certified Coach - recognition as an exceptional, experienced professional
3. Recomp Certified Pro - equivalent to Coach, with unique assessment criteria
4. Recomp Certified Specialist - the highest level of demonstrated excellence and experience. Qualified to Mentor other Coaches and authorised to formally assess coaches for Recomp certification

6. Professional Scope and Boundaries

6.1 A Registered Recomp Professional has a scope of practice that includes, but is not limited to:

- Pre-exercise health screening, safety and risk assessment.
- Body composition testing (skinfold callipers or other device; weight scales; height)
- Translating client goals into specific, measured body composition and/or strength performance targets, including advising on strategies to achieve those goals, both in person and online
- Maximal strength testing using free weights (barbell or dumbbells), or weights machines
- Development of appropriate training program with (optionally) load prescriptions. Includes programming of remote clients (ie online).
- Development of appropriate sports nutrition programs (up to 15% of services revenue), provided that such diets are:
 - comprised of foods entirely chosen by the client
 - designed to support a specific, documented weight training program
 - designed to achieve a specific, measured, documented change in body composition (bodyweight and body-fat percentage) and/or weight training (strength) performance
 - regularly altered as required by the client's preferences and/or to achieve the stated, measured body composition and/or weight training performance goals.
- All aspects of weight training execution inclusive of demonstrating, instructing, assessing, and modifying exercise technique and progression, both in person and via video; including changing programming
- Delivery of aerobic activity (up to 20% of service revenue) inclusive of demonstrating, instructing, assessing, and modifying exercise technique and progression, both in person and via video; including changing programming
- Provision of education on training and nutrition methods utilised for Body Recomposition

6.3 The scope of practice for a Registered Recomp Professional excludes:

- Provision of exercise advice for a purpose other than achieving Body Recomposition or strength performance goals (including yoga, pilates, aerobics classes and outdoor bootcamps)
- Provision of nutritional programming or advice that:
 - is intended for a purpose other than achieving a documented body composition goal or weight-training strength performance goal
 - is mostly or completely comprised of foods that were not chosen by the client
 - is designed to manage or treat medical conditions
 - is for a person suffering from diagnosed nutritional deficiencies or metabolic illnesses such as diabetes
 - is contradictory to specific medical advice provided to the client
 - provides in excess of 50% of energy (kcal/kj) from the macronutrient: protein
 - provides an average total daily energy less than 1000kcal (ie 4184kJ)
 - restricts water intake
 - restricts electrolyte intake
- Sport-specific coaching other than bodybuilding and powerlifting
- Therapeutic treatment or independent rehabilitative exercise prescription
- Independent exercise prescription for high risk clients
- Diagnostic tests or procedures
- Sports medicine or pharmaceutical advice of any sort
- Psychological Counseling