

## **Reps Ireland Continuous Professional Development Requirements**

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

Continuing Education helps advance your career. You can improve your existing skills, or develop new ones. *Your ongoing professional development involves completing 32 Continuous Professional Development credits (CPD) every two years, in order to maintain your registration.*

32 CPD credits are the minimum required. This is equivalent to approximately 4 days of CPD over a 2 year period.

REPs Ireland encourages registered professionals to gain CPD from a wide range of sources, to broaden and enhance your performance as a professional.

Continuous Professional Development Credits (CPD) are the units used to measure continuing education. CPD can be gained through programs and events, workshops and seminars, conferences and conventions, higher education, professional practice, in-house training and other activities.

REPs Ireland endorses CPD programs offered by educational institutions and professional organisations.

If you are attending any event that you feel is valuable to your own ongoing professional development, you should enquire as to whether it is REPs Ireland endorsed for CPD, before booking.

REPs Ireland does accept a limited amount of non endorsed CPD (8 credits 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.

The majority of CPD credits (24) must come from education and training related to exercise, to ensure knowledge, competency and skills are maintained & developed.

### **How to find CPD programs and events**

All REPs Ireland endorsed CPD are listed at [www.repsireland.ie](http://www.repsireland.ie), and also updated on social media. Any event that is endorsed should display the appropriate REPs Ireland CPD logo, also displaying the number of credits available.

### **Leveled & Non Leveled**

As part of the REPs Ireland endorsement process, education & training learning outcomes will be leveled according to the EQF Level Descriptors.

It's important that all registered professionals complete at least 12 credits from education & training at the highest level that you are recognized on the REPs Ireland framework.

*i.e.: A Personal Trainer is registered at EQF L4, therefore must complete 16 credits L4.  
A gym instructor/group Exercise Instructor is registered at EQF L3, therefore must complete 16 credits at L3.*

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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 credits.

### **Other CPD Activities**

You can also obtain CPD from other programs and activities. Examples include:

- Exercise & Fitness Qualification
- Specialisation Unit from an Exercise & Fitness Qualification
- Endorsed Courses, Lectures, Seminars, Forums
- Endorsed Conferences or Conventions
- Endorsed Research
- In-house Training
- Peer Observation
- Professional Practice

Activities such as courses, lectures, seminars and forums are allocated 1 CPD for every two hours of participation or study.

Remember, you must keep a record of your participation or completion of all activities. Evidence in the form of an attendance certificate, signed statement, receipts or other forms of evidence will be required to have credits allocated.

It is also recommended that all registered professionals keep a CPD diary/logbook as evidence of CPD, for your own professional reference.

\*Please Note there are currently no reciprocal agreements in place between National registers in relation to CPD. This includes REPs UK endorsed CPD.

Endorsed CPD courses from other National Professional Registers can be claimed, but will be allocated as 'Other CPD' (max 8 credits every 2 years).

**Please see the summary table below indicating CPD requirements every 2 years (24months):**

Category	Level	REPs Ireland Levelled CPD (Courses & Workshops)	REPs Ireland endorsed CPD (Any format)	Other CPD
Personal Trainer	L4	12 Credits @ L4	12 Credits	8 Credits
Pilates Instructor	L4	12 Credits @ L4	12 Credits	8 Credits
Fitness Instructor	L3	12 Credits @ L3	12 Credits	8 Credits
Group Exercise Instructor	L3	12 Credits @ L3	12 Credits	8 Credits

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

REPs Ireland Endorsed Courses, Lectures, Seminars, Forums	12 Credits
REPs Ireland Endorsed Conferences or Conventions	12 Credits
Exercise & Fitness Qualification	12 Credits
Specialisation Unit from an Exercise & Fitness Qualification	6 Credits
Non REPs Ireland Endorsed Exercise related course/workshop/conference or ANY non exercise related professional development course/workshop/conference.	8 Credits
Endorsed Research*	6 Credits
Selected Professional Subscriptions *	1 Credit per Subscription (max 2 Credits)
In-house Training *	1 Credit per 6hrs (max 4 Credits)
Peer Observation *	1 Credit per 4hrs (max 4 Credits)
Professional Practice *	1 Credit per 50hrs (max 4 Credits)

\*These CPD submissions can be included as part of the REPs Ireland Endorsed CPD requirement once all REPs Ireland conditions are met. For details of how to ensure that credits can be claimed please contact us at [info@repsireland.ie](mailto:info@repsireland.ie) to get the detailed requirements.

If more than 24 credits are accumulated in a two year period from REPs Ireland endorsed CPD, the excess credits can be rolled forward into the next two year period, up to a maximum of 8 credits.