

# REACT Instructor Training for Exercise Professionals in the community

## Eligibility guidance

**PLEASE READ ALL  
BEFORE APPLYING  
FOR THIS TRAINING**

- This guidance supports you in deciding whether the REACT Instructor training is suitable for you.
- Attending this training without the recommended prior learning could leave candidates feeling ill-prepared with insufficient core knowledge to enjoy the learning content.
- All potential candidates are advised to consult with their insurance provider to ensure they have adequate insurance to implement this training. **LLT are unable to advise about insurance issues.**

### LLTs REACT training is;

- ✓ **designed** for Exercise Professionals who hold a L2 exercise qualification; maybe working as part of an exercise offer for exercise referral programmes or may be working as a self-employed instructor.
- ✗ **not recommended for those who do not hold a minimum L2 exercise qualification.**
- ✗ **not recommended for volunteers.**
- ✗ **not recommended for Dance, Pilates, Yoga Instructors etc.**

### MINIMUM PRE-REQUISITES FOR EXERCISE PROFESSIONALS

- ✓ **A CIMSPA endorsed L2 exercise qualification** (e.g., either group exercise instructor, gym instructor, personal trainer (plus group module/circuit training required)) or Clinical Exercise Physiologists, Sports and Exercise Science Graduates.
- ✓ **Experience** in applying exercise training principles, goal setting, and how to support behaviour change.
- ✓ **Hold a valid CPR qualification/relevant in-house training** for their role and setting.