

# International Level 5 Award in Exercise for Health Specialist

A specialist qualification for fitness professionals ready to advance their scope of practice — working with diverse health populations, supporting lifestyle change, and delivering clinically informed exercise interventions.

EQF/MQF LEVEL 5 · 28 ECTS · 6 MONTHS

MFHEA & REPS MALTA ACCREDITED



## Your Professional Pathway

# What Is Your Plan for Your Future?

Whether you are taking your first step into health-specialist practice or building on an existing Level 4 Personal Training qualification, this award provides a clear, structured, and formally recognised progression route.

### **Becoming an Exercise for Health Specialist**

Gain the advanced knowledge and competencies to work with a range of health populations, delivering safe and effective exercise interventions within a professional scope of practice.

### **Already a Qualified Personal Trainer?**

If you hold a Level 4 PT qualification, this Level 5 award represents the natural next step — extending your professional expertise into health-focused and clinically informed exercise delivery.

### **Professional Recognition & Progression**

Accredited by MFHEA and recognised by REPs Malta at Level 5. The qualification may also support eligibility with CIMSPA, REPs UAE, and the European Registry of Exercise Professionals.

# About the Qualification

## Qualification at a Glance

**Level:** EQF/MQF Level 5

**Credits:** 28 ECTS

**Duration:** 6–7 months (max 12 months)

**Language:** English

**Location:** Hybrid or Hilltop Gardens, Naxxar, Malta

**Payment:** 0% interest-free instalment available

## Accreditation

This qualification is awarded by **Fitness Academy Europe Malta** and is formally accredited by the **Malta Further and Higher Education Authority (MFHEA)** as a Level 5 qualification on both the Malta Qualifications Framework (MQF) and the European Qualifications Framework (EQF).

It is also recognised at Level 5 by **REPs Malta**, and may support registration with the European Registry of Exercise Professionals and eligibility with CIMSPA and REPs UAE.



## Programme Introduction

# The Exercise for Health Specialist Role

The role of an Exercise for Health Specialist represents a meaningful advancement within the health and fitness sector — integrating exercise science with health promotion and the management of individuals presenting with controlled medical conditions.

### **Advanced Scope of Practice**

Building upon prior Level 4 qualifications, this programme equips learners with theoretical knowledge, practical competencies, and the professional skills required to work with individuals who have controlled chronic conditions or are at elevated risk due to lifestyle factors.

### **Evidence-Based and Clinically Informed**

The curriculum emphasises risk stratification, exercise referral processes, clinical condition awareness, and the design of safe, individualised exercise programmes, all grounded in current evidence-based guidelines.

### **Multidisciplinary Collaboration**

Learners are prepared to operate within defined professional boundaries while communicating effectively with healthcare professionals and supporting diverse client populations, including pre- and postnatal clients and individuals affected by obesity and non-communicable conditions.

## Professional Role

# Key Responsibilities of the Exercise for Health Specialist

The Exercise for Health Specialist demonstrates advanced capability in assessment, programme design, delivery, and evaluation — integrating clinical reasoning, evidence-based practice, and professional judgement across diverse client populations.



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### Comprehensive Client Assessment

Conduct thorough consultations, apply recognised screening and risk stratification protocols, and critically analyse client data to inform safe, personalised exercise prescriptions.



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### Specialist Programme Design & Delivery

Design, implement, and evaluate structured exercise programmes for individuals with controlled medical conditions, applying advanced principles of exercise prescription and adaptation.



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### Behaviour Change & Client Engagement

Apply advanced motivational and communication strategies to support long-term adherence, sustainable lifestyle change, and meaningful health outcomes.



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### Multidisciplinary Practice

Collaborate with healthcare and allied health professionals, operate within ethical and legal frameworks, and initiate appropriate referrals when client needs fall outside the defined scope of practice.



## How You Will Study

# Delivery Methods

The programme is delivered through a structured **live online learning environment**, utilising an interactive virtual classroom model. This approach facilitates real-time engagement between learners and tutors, enabling active participation, collaborative learning, and immediate academic support.

Synchronous sessions incorporate guided instruction, case-based discussions, problem-solving activities, and applied learning scenarios — all designed to develop critical thinking, clinical reasoning, and the practical application of theory within an exercise-for-health context.

### Live Online Sessions

Real-time virtual classroom with tutor-led instruction and peer interaction

### Weekend Workshops

Virtual classroom workshops held every 6 months, each 3–4 hours in duration

### Digital Resources

Structured materials, guided workbooks, and supplementary multimedia content

## Programme Structure

# Course Structure & Learning Model

The FAE Malta Level 5 Award comprises **28 ECTS credits**, equating to approximately **700 hours** of total learning — including contact hours, self-directed study, and assessment activities. The programme is designed to accommodate working professionals whilst maintaining academic rigour at MQF Level 5.

### Pre-Workshop Preparation

Engage with structured learning materials, case studies, and guided workbooks prior to live sessions to ensure readiness for applied discussions.

### Independent Study

Progress through self-directed study at a flexible pace, supported by digital resources, knowledge checkers, and tutor feedback throughout.

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### Live Virtual Sessions

Attend scheduled synchronous sessions combining guided instruction, case-based learning, and tutor-facilitated discussion to consolidate understanding.

### Assessment & Completion

Complete formative and summative assessments including portfolios, programme design tasks, and practical demonstrations within 6–12 months.

## Entry Requirements

# Who Is This Qualification For?

### Essential Requirements

- A recognised Personal Training qualification at **EQF/MQF Level 4** or equivalent
- Practical experience delivering gym-based exercise, including resistance training and free weights
- Physical readiness to engage in applied practical learning components
- Commitment to self-directed, independent study at advanced level

### Foundational Knowledge Expected

Applicants are expected to demonstrate prior understanding in:

- Human anatomy and physiology in relation to exercise
- Principles of health-related fitness and exercise programming
- Health and safety within exercise environments
- Promotion of active and healthy lifestyles

- ① FAE Malta promotes an inclusive learning environment. Where appropriate, medical clearance may be required prior to certain practical components.

# Programme Modules Overview

The qualification is structured into seven specialised modules, each addressing a distinct and clinically relevant area of exercise-for-health practice. Together, they provide a comprehensive and progressive learning experience aligned with MQF Level 5 standards.

**1** **Exercise & the Pre/Postnatal Client**  
Physiological, hormonal, and biomechanical changes during pregnancy and postpartum, and their implications for safe exercise prescription.

**2** **Planning Pre/Postnatal Exercise**  
Evidence-based programme design and adaptation for pre- and postnatal populations, considering contraindications and recovery stages.

**3** **Professional Practice for Exercise Referral**  
Professional boundaries, ethical considerations, and multidisciplinary collaboration within exercise referral schemes.

**4** **Medical Conditions for Exercise Referral**  
Pathophysiology and exercise implications of common chronic conditions including cardiovascular, metabolic, respiratory, and musculoskeletal disorders.

**5** **Applying Principles of Nutrition**  
Evidence-based nutritional concepts supporting health outcomes, including recognition of scope of practice and appropriate referral responsibilities.

**6** **Planning & Delivering Exercise Referral Programmes**  
Design, implementation, and evaluation of safe, effective exercise programmes for individuals referred through healthcare pathways.

**7** **Obesity & Weight Management**  
Classification of obesity, behavioural change strategies, and the development of exercise interventions to support sustained weight management outcomes.

## Assessment Strategy

# How You Will Be Assessed

Assessment methods are carefully designed to evaluate both theoretical knowledge and applied professional competence, ensuring graduates are equipped to practise safely and effectively with diverse populations.



### Assessment Portfolios

Written assignments and detailed case studies that reflect real-world health and clinical scenarios, demonstrating depth of theoretical understanding and applied reasoning.



### Programme Design Tasks

Practical programme design tasks for specific populations including pre/postnatal clients, individuals with chronic conditions, and those in structured exercise referral pathways.



### Knowledge Assessments

Short-answer and multiple-choice assessments drawing from extensive question banks to reinforce and evaluate theoretical understanding across all modules.



### Recorded Practical Demonstrations

Video submissions of exercise delivery and consultation skills, enabling tutors to provide detailed, individualised feedback on professional competence and client communication.

## Course Highlights

# Maximising Your Learning Experience

The programme develops advanced professional competencies across eight core areas of expertise — from clinical exercise science to professional ethics — preparing you for real-world specialist practice.



### Exercise Science & Clinical Application

Advanced anatomy, physiology, and biomechanics applied to health-focused exercise prescription.



### Specialist Programme Design

Individualised, evidence-based programmes for pre/postnatal clients, chronic conditions, and structured health interventions.



### Client Assessment & Risk Stratification

Comprehensive consultations and recognised screening protocols to ensure safe and appropriate programme design.



### Behaviour Change & Lifestyle Intervention

Advanced models and communication strategies supporting long-term physical activity adherence and sustainable lifestyle modification.



### Nutrition & Health Management

Evidence-based nutritional principles supporting health outcomes within a defined professional scope and referral framework.



### Professional Practice & Ethics

Operate within established legal, ethical, and professional frameworks, maintaining high standards of conduct and ongoing CPD.

## Digital Learning Environment

# Learning Resources & Support

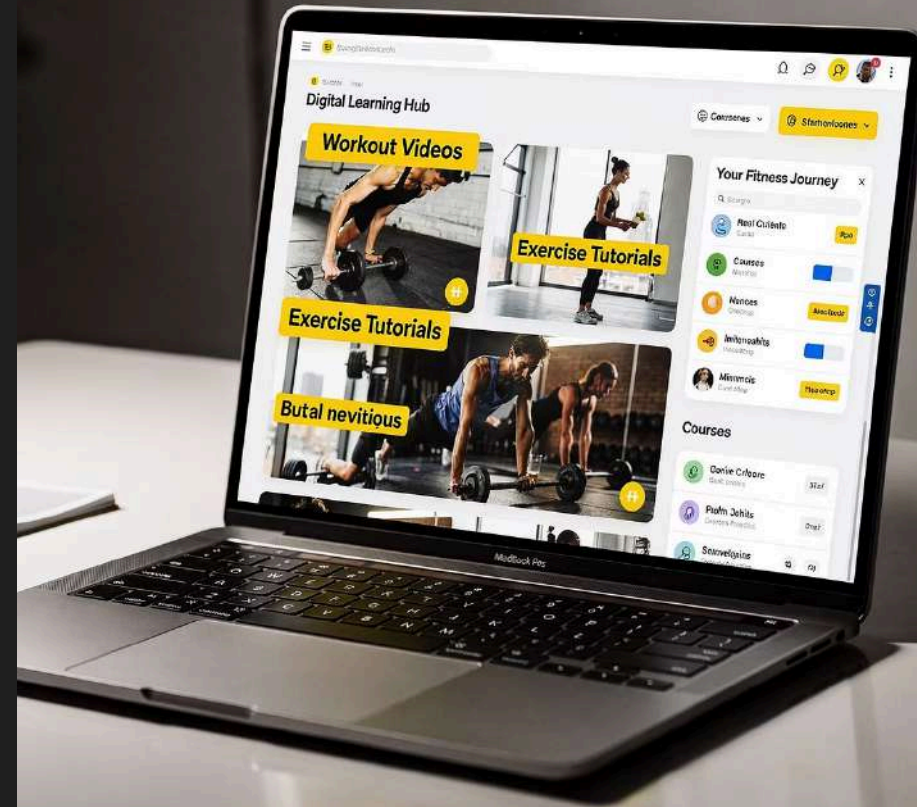
### Comprehensive Digital Platform

Upon enrolment, learners gain access to a dedicated online learning platform serving as the central hub for all programme materials. Resources include detailed course manuals, structured workbooks, case studies, knowledge checks, mock assessments, instructional videos, and an extensive **digital exercise library** with guidance for diverse populations and health conditions.

### Tutor Support Throughout

Continuous, structured support is provided throughout the programme, including:

- Scheduled one-to-one online tutorials
- Group webinars and interactive sessions
- Ongoing formative feedback on assessments
- Digital communication channels for additional academic guidance



## Unit Specifications

# Full Unit Breakdown by Section

The qualification spans three sections covering pre/postnatal exercise, exercise referral, and obesity and weight management. Each unit has a defined credit value and clear learning outcomes aligned with its MQF level.

Unit Title	Level	ECTS	Key Focus
Exercise and the Pre- and Postnatal Client	3	2	Physiological, psychological, and lifestyle considerations; contraindications; referral and nutrition guidance
Planning Exercise for Pre- and Postnatal Clients	3	3	Safe programme design; contraindicated exercises; session planning and adaptation
Planning Exercise Referral Programmes with Patients	3	3	Behaviour change; SMART goals; safe programme design and monitoring for referred patients
Understanding Medical Conditions for Exercise Referral	4	3	Pathophysiology; medications; safe exercise guidelines for clinical populations
Professional Practice for Exercise Referral Instructors	3	3	Scope of practice; professional and ethical standards; healthcare communication
Instructing Exercise with Referred Patients	3	2	Safe session delivery; exercise adaptation; motivational techniques; session review
Anatomy and Physiology for Exercise and Health	3	2	CV, respiratory, and musculoskeletal systems; posture analysis; applied physiology
Applying Principles of Nutrition to Physical Activity	3	2	Nutrition basics; healthy eating strategies; scope of practice; lifestyle support
Planning Exercise to Support Obese Clients	4	2	Benefits of exercise; psychosocial factors; adapted programme design; risk identification
Delivering Exercise to Support Obese Clients	4	2	Safe inclusive sessions; exercise monitoring and adaptation; adherence support
Behavioural Strategies for Managing Obesity	4	2	Behaviour change models; psychological factors; motivation and adherence strategies
Classification of Obesity	4	2	Obesity definition, causes, risk factors; lifestyle analysis; barriers and enablers



## Career & Progression

# Where This Qualification Can Take You

Graduates of the Level 5 Award in Exercise for Health Specialist are positioned to work across a broad range of health, clinical, and community settings — delivering safe, effective, and evidence-informed exercise interventions that contribute to public health outcomes.

1

### Exercise Referral Specialist

Work within structured NHS or community exercise referral pathways, supporting individuals referred by healthcare professionals.

2

### Specialist Populations Coach

Deliver programmes for pre/postnatal clients, individuals with chronic conditions, obesity, cardiovascular, metabolic, and musculoskeletal presentations.

3

### Advanced Qualification Pathways

Progress to further specialised qualifications at Level 5 or higher in exercise referral, clinical populations, weight management, and nutrition and lifestyle intervention.

Enrol Today

# Your Next Step Starts Here

The International Level 5 Award in Exercise for Health Specialist is your pathway to becoming a recognised, advanced-level practitioner within the health and fitness sector. With flexible delivery, comprehensive learner support, and formal accreditation at both national and European levels, this qualification is designed for fitness professionals who are ready to make a meaningful difference.

## Flexible Payment

Choose a single upfront payment or a structured **0% interest-free instalment plan**, clearly outlined at enrolment.

## Hybrid Learning

Study online via live virtual sessions or attend in person at **Hilltop Gardens, Naxxar, Malta** — your choice.

## Internationally Recognised

Accredited by MFHEA, recognised by REPs Malta, and aligned with EQF standards for **European and international professional registration**.

- ✔ Ready to advance your career? Contact FAE Malta to begin your enrolment and take the next step towards becoming an Exercise for Health Specialist.

[www.fae.edu.mt](http://www.fae.edu.mt)