

NATIONAL REGISTRY OF EXERCISE PROFESSIONALS

Exercise Professional's Code of Ethics

1. Introduction

- 1.1 Ethics refers to the generally accepted norms of right or wrong behaviour, often based on universal values. Ethics is not about legality nor is it meant to be legalistic.
- 1.2 Exercise Professionals, due to their close interaction & exposure to the public are potentially vulnerable to various forms of ethical issues and concerns.
- 1.3 If exercise coaching is to be recognised as a profession, it is important that there exists a code of ethics for Exercise Professionals. Exercise Professionals, by adhering to a code of ethics, would not only minimise the likelihood of being accused of unacceptable behaviour but would also project a sense of professionalism in their dealings with others.
- 1.4 One of the attributes of a profession is that the practitioners subscribe to and enforce ethical codes, which will help to demonstrate their commitment to providing quality services and expertise.
- 1.5 The Exercise Professional's Code of Ethics set out herein has been drawn up by Sport Singapore and is applicable to all National Registry of Exercise Professionals (NREP) registered Exercise Professionals.
- 1.6 Sport Singapore reserves its right to amend the Exercise Professional's Code of Ethics without prior notice.

2. Purpose of Exercise Professional's Code of Ethics

- 2.1 To provide an ethical framework that would guide NREP registered Exercise Professionals in determining appropriate behaviours.
- 2.2 To raise the status of exercise coaching as a profession.
- 2.3 To facilitate the self-regulation of coaching standards by Exercise Professionals and consumers of coaching services by telling the public what is expected of Exercise Professionals.
- 2.4 To communicate to the public the professional attitude of NREP registered Exercise Professionals, thereby encouraging greater confidence in these Exercise Professionals.

3. The Three Principles of Exercise Professional's Code of Ethics

- 3.1 Three broad principles form the framework for the Exercise Professional's Code of Ethics are illustrated by a list of key ethical standards related to coaching. The key ethical standards set out below are meant to illustrate and expound on the three broad principles and are not meant to be an exhaustive list.

3.2 The three principles are:

- 3.2.1 Respect for Individuals
- 3.2.2 Responsible Coaching
- 3.2.3 Integrity in Actions

4. Respect for Individuals

4.1 The concept that each individual possesses an intrinsic value and worth is integral to the principle of Respect for Individuals. The Exercise Professionals is called upon to act in a manner respectful of the dignity of individuals.

4.2 Key Ethical Standards

- 4.2.1 Treat and respect everyone equally, regardless of race, language, religion, culture, gender or physical ability.
- 4.2.2 Remember that there is a need for certain information to be kept confidential. Disclosure of such information should only be made with the consent of those who requested confidentiality.
- 4.2.3 Be sensitive to the feelings of your participants when providing feedback on their performance. Criticisms, if any, should not be directed at your participant, instead it should be on your participant's performance.

5. Responsible Coaching

5.1 The principle of Responsible Coaching requires that the Exercise Professionals be competent and responsible and discharge his/her duty of care to the participants. This encompasses the concept that risks to the participants are minimized and benefits to their holistic development are maximized.

5.2 Key Ethical Standards

- 5.2.1 Prepare well-planned and sound training programmes and execute them in a manner that would benefit all your participants.
- 5.2.2 Recognize the limits of your knowledge and collaborate with other qualified practitioners. Where appropriate, refer your participants to a more qualified Exercise Professionals or specialist.
- 5.2.3 Advise your injured participant to seek further medical treatment and suggest an appropriate recovery plan whenever possible.
- 5.2.4 Ensure that training venues meet with minimum safety standards and that your participants are properly attired.
- 5.2.5 Avoid sexual intimacy with your participants. Any physical contact with your participants should be only when absolutely necessary and during appropriate situations.

6. Integrity in Actions

6.1 The principle of Integrity in Actions requires the Exercise Professional to act with uprightness and coherence. Exercise Professionals are expected to be honest, principled and honourable.

6.2 Key Ethical Standards

- 6.2.1 Be honest and sincere when communicating with your participant. Do not give false hope information to your participant.
- 6.2.2 Your qualifications and experience should be accurately represented, both in written and verbal form.
- 6.2.3 Adopt a professional attitude and maintain the highest standards of personal conduct. It should encompass your mannerism, dress and language.
- 6.2.4 Exercise self-awareness and evaluate how your values and actions influence your fitness coaching activities positively or negatively.
- 6.2.5 Do not use, condone, advocate, justify the use of and/or sell performance enhancing substances, products, or practices, that may be hazardous to health and do not act in contravention of the Misuse of Drugs Act. Be a positive influence to those under your charge with respect to the values of clean sport and exercise.

7. Breach of Exercise Professional's Code of Ethics

- 7.1 Exercise Professionals in the National Registry of Exercise Professionals (NREP) pledged to abide by the Code of Ethics. If an Exercise Professional is found to be in breach of the Exercise Professional's Code of Ethics, Sport Singapore reserves its right to suspend and/or remove the said Exercise Professional from the National Registry of Exercise Professionals.
- 7.2 The period of such suspension and/or removal shall be determined by Sport Singapore in its sole discretion.