



DEMONSTRATION OF THE COURSE “FITNESS INSTRUCTOR”



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- WHAT DOES FITNESS INSTRUCTOR MEAN ACCORDING TO EQF?
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WHY WAS THAT COURSE DEVELOPED?



- The main reason for its development was the lack of an update learning programs for vocational education and training of fitness instructors in our countries which should fit the last European Standards and requirements based on the EUROPEAN QUALIFICATION FRAMEWORK in the field of health and fitness industry.
- So everybody educated should be awarded with a certification which is valid not only in our countries but in the other European countries too. That will ensure their mobility and make them more competitive in the fitness market all over the world.

WHAT IS EQF?



- It is a common European reference framework which links countries' qualification systems together, acting as a translation device to make qualifications more readable.
- All training organizations must adapt and develop to deliver the skills that the industry and employers want and expect. In that respect EQF is the backbone of this process.
- All EU member states are adopting the EQF with their national QF up to 2012. This will make national referencing easier for VET and higher education providers and better for national government understanding.

WHAT DOES FITNESS INSTRUCTOR MEAN ACCORDING TO EQF?

- In the EQF the profession “fitness instructor” is level three.

- OCCUPATIONAL TITLES :

- FITNESS INSTRUCTOR
- GROUP FITNESS INSTRUCTOR



OCCUPATIONAL PURPOSE



- The purpose of a fitness or group fitness instructor is to build fitness participation of new and existing members through fitness experiences that meet their needs.



OCCUPATIONAL DESCRIPTION



- deliver fitness classes both to groups or individuals
- have the same purpose and require the same level of knowledge, skills and competences plus some additional ones, specific for any type.



OCCUPATIONAL ROLES



- effective and safe delivering of the classes
- promote healthy life style
- identify individual motives and put client goals
- provide relevant exercises and intensity
- provide correct exercise technique
- deliver good customer service
- be a positive role model etc.

WHAT KNOWLEDGE, SKILLS AND COMPETENCES SHOULD THE FITNESS INSTRUCTORS POSSESS according to the EHFA standards?



- Following the EU standards and description of the profession FITNESS INSTRUCTOR we developed a learning program which will provide the candidates with basic theoretical knowledge, practical skills and competences, necessary for successful realization in the field of fitness industry . Besides they should pass basic specialized professional modules for group fitness instructors / exercise to music – aerobics / and for individual fitness instructors too.

Basic / core / knowledge and skills



- **I. Human anatomy , kinesiology and Exercise physiology**
- **II. Components of physical fitness connected with health**
- **III. Theory and methodology of fitness training**
- **IV. Lifestyle and human behavior modification**
- **V. Health and safety**
- **VI. Communication**



- **b. BASIC SPECIALIZED PROFESSIONAL MODULES FOR GROUP INSTRUCTORS / EXERCISE TO MUSIC – AEROBICS /**
- **c. BASIC SPECIALIZED PROFESSIONAL MODULES FOR FITNESS INSTRUCTOR / INDIVIDUAL CLASSES /**

FORMS OF THE TRAINING PROCESS.



- ON LINE LEARNING OF SOME MODULES
- FACE TO FACE SESSIONS



WHO CAN APPLY FOR THAT PROFESSIONAL QUALIFICATION?

- above 18 years old
- graduated from sports universities or another high schools / bachelor degree, specialist /, from sports schools, secondary schools, colleges
- in a good health and high fitness status / medical assurance document /
- having some practice in health and fitness area

ASSESSMENT



- Multiple choice theory exam – 120 questions
- Practical exam - leading group or individual classes
- Preparation of some documents



THANK YOU !!!!!!!!

