



# **Developing the professional skills of the future sports instructors in accordance with the EQF**

**CYPRUS, 25th - 26th February 2010**

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# ***The current situation of the fitness instructor – EQF, level 3***

- ***This work represents an initial attempt at developing an outline qualification structure that can develop the standard of industry professionals.***
  - ***At this level students learn elements of physiology, elementary notions about the cardio-vascular system and the correct nutrition, basic principles of training and the different aerobic training modes: the different aerobic styles, the high and low impact basic steps, the use of music and the unrecommended movements in group lessons. The students also study elements of anatomy, Kinesiology and biomechanics, necessary to plan a training program on strength, muscular endurance and joint flexibility and mobility.***
  - ***In accordance with the results of the 'Setting The Standards For The European Health and Fitness Sector' (Eurofit-QST UK/03/B/F/PP-162\_017), in the Fitness sector there are 2 kinds of instructors: here we consider the basic one (EQF3)***
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# ***Basic Core knowledge fitness instructing***

- ***1.1 Components of Fitness***
  - ***1.2 Principles of Training***
  - ***1.3 Bones and Joints***
  - ***1.4 Muscles and muscle actions***
  - ***1.5 Heart, Lungs, & Circulation***
  - ***1.6 Energy Systems***
  - ***1.7 Muscular Strength & Endurance***
  - ***1.8 Aerobic Theory***
  - ***1.9 Stretch Theory***
  - ***1.10 Body Composition***
  - ***1.11 Safe and Effective Exercise***
  - ***1.12 Monitoring Exercise Intensity***
  - ***1.13 Warm Up***
  - ***1.14 Cool Down***
  - ***1.15 Progression***
  - ***1.16 Modification of Exercise – Alternatives/ Adaptation***
  - ***1.17 Cardio-Pulmonary Resuscitation (CPR) and First Aid***
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# ***Basic Gym Instructing***

- ***2.1 The Teaching Process***
  - ***2.2 Resistance Machine Lifts (Including warm up)***
  - ***2.3 Cardio Vascular (CV) Machines***
  - ***2.4 Planning a Gym Session***
  - ***2.5 Professionalism, Code of Practice, Ethics, National Standards and guidelines***
  - ***2.6 Free Weights (Standing)***
  - ***2.7 Information Gathering, Screening and Informed Consent***
  - ***2.8 Free Weights (Bench) Including Spotting***
  - ***2.9 Practical Guidelines for Teaching Resistance Training***
  - ***2.10 Ending a Session, Evaluation, Giving/ Gaining Feedback***
  - ***2.11 Health and Safety/ Dealing with Accidents and Emergencies***
  - ***2.12 Methods of Resistance Training***
  - ***2.13 Customer Service***
  - ***2.14 Methods of Cardio Respiratory Training***
  - ***2.15 Safe Progressive Exercise Planning***
  - ***2.16 Promoting Activity for Health***
  - ***2.17 Body Awareness and Exercise Technique***
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<b>competence</b>	<b>skills</b>
B1.2.1 Identify and agree goals with the client	Identification of client goals and of the barriers to their achievement
B1.2.2 Select and agree appropriate components of fitness and activities with the client	Application of fitness background to selecting appropriate activities in consideration of medical or injury problems providing participants with accurate information
B1.2.3 Integrate the principles of training	Apply the knowledge of principles of training and components of health related fitness to the design and adaptation of a basic programme to meet clients abilities, needs, lifestyle and exercise preferences.
B1.2.4 Integrate exercise science to the design of the programme	Apply the knowledge of the cardio-respiratory system, energy systems, musculo-skeletal system, biomechanical concepts and physiological concepts to programme design.
B1.2.5 Design physical activity programmes for weight management	Apply the knowledge of principles of training, components of health related fitness and advanced exercise science to the design of a weight management programme

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<b>competence</b>	<b>skills</b>
B1.3.1 Assess and minimise risk within the exercise setting	Demonstrate a duty of care to clients identifying likely hazards and minimising the risk within the exercise setting.
B1.3.2 Deal with accidents and emergencies	Deal effectively with injuries and signs of illness being able to follow appropriate emergency procedures efficiently.
B1.3.3 Ensure compliance with appropriate legislative requirements	Ensure compliance with appropriate insurance Guidelines.

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competence	Skills
B1.4.1 Plan and prepare for an exercise session	Collect, record and analyse accurate information about the facility and the participant(s). Design the exercise session in order to meet its aims and objectives for the in line with the needs of the client(s) and the overall programme. Assess and minimise risks before the session
B1.4.2 Prepare Clients for the session	Check participant's experience and conduct a pre-activity screening. Prepare the participants physically for the session using safe and effective warm ups and explain the and demands of the session.
B1.4.3 Teach clients planned acitivities for the session	Utilise appropriate teaching methods and skills, observing and monitoring participants in the session, correcting and improving their performance.
B1.4.4 Evaluate the session and personal performance	Evaluate the session, amend and improve future session plans and own performance based on evaluation and feedback.
Unit B1.4 cintext Specific Skills and Range Plan and Deliver Sessions to Individuals and Groups ·B1.4-Gym-based Exercise Sessions ·B1.4E Exercise to Music Sessions ·B1.4W Water-based Exercise Sessions	

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Competence	Skills
B1.5.1 Identify participants Incentives and barriers to participate in exercise	Recognise factors that encourage clients to participate in exercise and barriers to exercise.
B1.5.2 Develop and apply strategies to motivate participants to join and adhere to and exercise programme	Integrate appropriate motivational strategies to encourage long term adherence to the programme and to positive lifestyle practices.
B1.5.3 Inform participants of the benefits of a healthy lifestyle	Educate participants on the components of a healthy lifestyle, providing them with accurate information about recommended amount of physical activity, on principles of nutrition and weight and stress management.

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Competence	Skills
B1.6.1 Review and modify the programme as appropriate to client progress	Modify programme according to client progress, giving feedback to client based on review.
B1.6.2 Monitor, evaluate and adjust programmes for individuals and groups	Revise programme based on results and reviewed goals.

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Thank you for your attention

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