



Education and Culture DG

Lifelong Learning Programme

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DEVELOPING THE PROFESSIONAL SKILLS OF THE FUTURE SPORTS INSTRUCTORS IN ACCORDANCE WITH THE EQF



Liceul cu Program Sportiv Iași, Romania



Serymar Training – Granada, Spain



Centro di Ricerche Economiche e Sociali (CERES) – Rome, Italy



Dimitra Institute of Training and Development – Athens, Greece



Zeuxis Innovations LTD – Nicosia, Cyprus

THE SYSTEM OF COMPETENCES

KEY COMPETENCES	I. Communication at the work place II. Team work III. Professional development
GENERAL COMPETENCES	IV. Communication in a foreign language V. Work safety
SPECIFIC COMPETENCES	VI. Concepts of sports and training VII. Organization and management of the training session VIII. Elements of physiology IX. Promoting a healthy lifestyle X. Psycho-pedagogic basis of training XI. Methods and techniques used in the practice of athletics XII. Monitoring and assessment of the training level XIII. The training environment XIV. Environmental protection



KEY COMPETENCES

I. COMMUNICATION AT THE WORK PLACE

COMPETENCE 1: The sports instructor communicates efficiently at the work place

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Uses specialized terminology while communicating with the activity partners.➤ Identifies and uses sources that are adequate to the type of information required.	<ul style="list-style-type: none">➤ Sends and receives specialized information	<ul style="list-style-type: none">➤ Cultivates professional relationships that are based on mutual respect and trust with the partners involved in the educational process.

KEY COMPETENCES

II. TEAM WORK

COMPETENCE 2: Identifies roles, distributes tasks to the team members and works efficiently within a group.

KNOWLEDGE	SKILLS	ABILITIES
➤ Identifies team work strategies, according to the task.	➤ Simulates team work strategies.	➤ Organizes and assesses team work activities.

KEY COMPETENCES

III. PROFESSIONAL DEVELOPMENT

COMPETENCE 3: Identifies and uses new sources of information in order to keep up to date to the latest methodological and technological developments

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Identifies sources of professional development➤ Identifies the aims, content and methods for self-development	<ul style="list-style-type: none">➤ Manifests interest towards activities that are related to professional development.	<ul style="list-style-type: none">➤ Takes part in training courses

GENERAL COMPETENCES

IV. COMMUNICATION IN A FOREIGN LANGUAGE

COMPETENCE 4: Communicates on specialized topics in a foreign language

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Identifies foreign terms that are associated to the profession➤ Identifies basic structures that are necessary in order to carry out a dialogue in a foreign language➤ Translates specialized terms from a foreign language into mother tongue	<ul style="list-style-type: none">➤ Simulates basic specialized dialogues in a foreign language	<ul style="list-style-type: none">➤ Uses minimal specialized vocabulary and structures in a foreign language

GENERAL COMPETENCES

V. WORK SAFETY

COMPETENCE 5: Carries out a professional activity in accordance with the safety rules and norms.

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Describes the safety rules and norms of a training facility.➤ Explains the safety measures that have to be taken at the work place➤ Describes how a training facility is managed and maintained;➤ Identifies the standardized typology of the equipment used in training sessions.	<ul style="list-style-type: none">➤ Uses the safety equipment responsibly and accurately.➤ Chooses the most efficient training equipment in order to optimize physical training.	<ul style="list-style-type: none">➤ Ensures the safety of the participants during training➤ Organizes a training session respecting the fundamental rules of using training facilities, equipment, machinery and instruments.

SPECIFIC COMPETENCES

VI. CONCEPTS OF SPORTS AND TRAINING

COMPETENCE 6: The learner uses basic and specific terminology of athletics in oral and written communication.

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Defines sports-related concepts➤ Identifies general and particular aspects in athletics-related terminology➤ Analyzes the features of the athletics-related terminology➤ Identifies terminological confusions related to athletics in both oral and written communication➤ Recognizes the athletics-related documents➤ States the elements of the athletics-related documents➤ Explains the content features of a specialized document➤ Identifies writing techniques of specialized documents	<ul style="list-style-type: none">➤ Interprets a technical text using specialized language	<ul style="list-style-type: none">➤ Communicates efficiently with the activity partners, using specialized terms in a flexible manner➤ Writes athletics-related documents, using specialized language

SPECIFIC COMPETENCES

VII. ORGANIZATION AND MANAGEMENT OF THE TRAINING SESSION

Competence 7: Organizes a training session according to the methodical, physical and psychological principles, taking into account the sport features.

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Knows the physical characteristics associated to various age and sex groups;➤ Identifies the individual potential and the level or stage of an individual's training;➤ Knows the components of a training session;➤ Identifies the aims and the most efficient methods to achieve them;➤ Knows the principles and the requirements of a training session.	<ul style="list-style-type: none">➤ Adapts the techniques to the physical characteristics of a group of trainees;➤ Conceives programmes that influence the locomotive apparatus selectively.	<ul style="list-style-type: none">➤ Plans a training session in accordance with the theory and methodology of sports training;➤ Uses the most efficient methods and means in order to reach the training session aims, ensuring a proper rationing and dynamics of the effort.

SPECIFIC COMPETENCES

VIII. ELEMENTS OF PHYSIOLOGY

COMPETENCE 8: Applies knowledge related to the influence of the physical exercise on the human body in the practical activity.

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Defines notions related to the normal functioning of the apparatuses and systems in the human body;➤ Describes the effects of the physical exercise on the human body;➤ Summarizes information regarding the integrity and functionality of the human body.	<ul style="list-style-type: none">➤ Demonstrates the effects of a range of physical exercises on the main apparatuses and systems in the human body➤ Uses information related to the integrity and functionality of the human body while planning a training session	<ul style="list-style-type: none">➤ Assesses the effects of physical exercise on the human body;➤ Adapts the means of training to the physiological characteristics of an individual.

SPECIFIC COMPETENCES

IX. PROMOTING A HEALTHY LIFESTYLE

COMPETENCE 9: Builds a balanced and optimized diet with the view of raising training efficiency

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Defines the concept of nutrition➤ Identifies the caloric needs and their relationship with nutrition;➤ Recognizes the energy use per hour for different types of effort.	<ul style="list-style-type: none">➤ Presents the elements of a diet that can ensure the biological support that is indispensable to health maintenance, training efficiency and metabolic recovery after training.	<ul style="list-style-type: none">➤ Proposes an individual diet that covers the energetic needs of a person who undergoes a training programme.

SPECIFIC COMPETENCES

X. PSYCHO-PEDAGOGIC BASIS OF TRAINING

COMPETENCE 10: Performs psychological training in accordance with the social and sports aims.

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Identifies the factors that influence the evolution of personality;➤ Describes the psychological factors of training.	<ul style="list-style-type: none">➤ Demonstrates how the hereditary basis, biological structure and the social factors influence an individual's personality and sports-related abilities.	<ul style="list-style-type: none">➤ Develops superior psychological capacities according to the sport's requirements (emotional balance, creativity, will, motivation, overcoming oneself etc.)➤ Builds self-education and self control capacities.

SPECIFIC COMPETENCES

XI. Methods and techniques used in the practice of athletics

COMPETENCE 11: Uses optimal methods and techniques in order to teach and develop basic movement skills.

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Defines and classifies methods and techniques used in athletics;➤ Identifies types of exercises;➤ Recognizes the basic movement skills (speed, skilfulness, resistance and strength);➤ Identifies methods and procedures that are necessary in order to develop movement skills.	<ul style="list-style-type: none">➤ Uses the most efficient exercises in order to teach the basic movement skills correctly.	<ul style="list-style-type: none">➤ Organizes team games in order to reinforce basic movement skills.

SPECIFIC COMPETENCES

XII. MONITORING AND ASSESSMENT OF THE TRAINING LEVEL

COMPETENCE 12: Assesses the training level emphasizing the functional, morphological, movement and psychological changes resulted from physical training

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Identifies the quantitative and qualitative landmarks of objective assessment;➤ Identifies the main assessment criteria;➤ Explains the assessment methods system.	<ul style="list-style-type: none">➤ Decides on the most efficient tasks in order to assess the training level.	<ul style="list-style-type: none">➤ Assesses the level of movement and psychological skills development during high-intensity, volume and complexity technical and tactical training.

SPECIFIC COMPETENCES

XIII. THE TRAINING ENVIRONMENT

COMPETENCE 13: Organizes training sessions in an environment that complies with the health and hygiene conditions of sports

KNOWLEDGE	SKILLS	ABILITIES
<ul style="list-style-type: none">➤ Describes the influence of the pathogenic factors of pollution on the open air exercises;➤ Identifies the effects of the natural factors on the human body during training.	<ul style="list-style-type: none">➤ Chooses the environment where the training sessions are carried out in order for the environment to contribute to an improvement of the general health of the organism.	<ul style="list-style-type: none">➤ Carries out a training session in an environment that is optimal for health improvement and maintenance.

SPECIFIC COMPETENCES

XIV. ENVIRONMENTAL PROTECTION

COMPETENCE 14: Organizes training sessions that comply with the norms of environmental protection

KNOWLEDGE	SKILLS	ABILITIES
➤ Identify attitudes associated with training that can have a negative impact on the environment	➤ Present solutions that can ensure quality training without affecting the environment.	➤ Plans a training session that complies with the rules of environmental protection.