



ceres



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Education and Culture

Leonardo da Vinci

SPORT

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

Granada, 25th-26th October 2009

1 - Institutions that organize courses for future sports instructors

In Italy there is a complex system for training future sport instructors:

- ☛ **The system of CONI (Italian National Olympic Committee)**

CONI is the Confederation of National Sport Federations (FSN) and Associated Sports Disciplines (DSA)

- ☛ **The Sport Federations and the Associated sports disciplines**

Each federation provides vocational training courses to certify sports instructors for its own particular discipline

- ☛ **The Sports Promotion Organizations**

Sports Associations created within other big associations (they are transversal and promote many disciplines)

- ☛ **Regional authorities**

Regional governments may provide training courses for sports professionals (e.g. the ski instructors register)

CONI Sports School

- The CONI Sports School provides training activities and skills development in the field of higher education sports management.
- The Sport School organizes the national transversal postgraduate courses. Courses in Sports Management, Project management of sports events, Courses for experts in physical training, Courses for Sports Management/Administration, Life-long Courses for sports professionals, Training Courses for project managers and other sports related roles.

The Sports Federations

National Federations are involved with the organization and management of training for sports professionals, with the conditions and costs of participation in events, with the recruitment of trainers and setting qualification levels.

Football and Fitness are light years apart

The F.I.G.C. "Federazione Italiana Giuoco Calcio" is the biggest Federation in the whole country; It rules and monitors all Football schools and trains all Football Instructors.

FIGC provides three different levels of instructors:

- ☛ Informative course
- ☛ Professional Coach of second Category
- ☛ Professional Coach of First Category (Master)

In the Italian market, fitness instructors often have limited past experience as practitioners and a simple certificate of attendance of a short course where they learned the exercises how to use fitness machines.

There is only one law providing for the obligation to have a fitness centre director with a diploma in Motor Science.

Countless schools and fitness centres organize short courses that are not recognized at national level

In the Fitness sector there are 2 kinds of instructors

- ☛ Basic level instructor
- ☛ Advanced level instructor

2 - The national curriculum: general competences, specific competences, contents (for both theory and practice)

Related to the 3 levels of instructors, the CONI provides 3 different curricula including abilities and knowledge (general, coaching, competition, teaching and management, training and research).

☛ FIRST LEVEL

Assistant Instructor. Qualification that allows to support official instructors.

☛ SECOND LEVEL

Instructor who works autonomously with athletes and participants of all ages.

☛ THIRD LEVEL

Instructor who works autonomously with athletes at their best agonistic level or with the most practical experience.