











SPORTS INSTRUCTORS LEVELS

SPAIN 	ITALY 	GREECE 	CYPRUS 	ROMANIA 
3 (Level 1, 2)	3 (Level 1,2,3)	3 (Level C, B, A)		1

ADMISSION REQUIREMENTS

SPAIN 	ITALY 	GREECE 	CYPRUS 	ROMANIA 
<p>Level 1: Secondary school diploma Physical admission test</p> <p>Level 2: Certificate – level 1</p> <p>Level 3 L 1 and L 2 Baccalaureate diploma</p>	<p>Level 1: ➤ over 18 ➤ secondary school diploma</p> <p>Level 2: ➤ Level 1 qualification (6 months) ➤ secondary school diploma</p> <p>Level 3: ➤ Level 2 qualification (12 months) ➤ secondary school diploma</p>	<p>Level C: ➤ 20-40 years old ➤ secondary school diploma</p> <p>Level B: ➤ up to 45 years old ➤ Level C licence</p> <p>Level A: ➤ up to 50 years old ➤ Level B licence</p>	<p>?</p>	<p>➤ General high school admission requirements</p> <p>➤ Practical test whose content varies with the sport one practices</p>

INSTITUTIONS THAT ORGANIZE TRAINING COURSES

SPAIN 	ITALY 	GREECE 	CYPRUS 	ROMANIA 
<ul style="list-style-type: none"> ➤ Homologated centres (public or private) run directly by the Regional Autonomous Governments or the State 	<ul style="list-style-type: none"> ➤ CONI Sports School ➤ The Sports Federations and associated sports disciplines ➤ The sports promotion organizations ➤ Regional authorities 	<ul style="list-style-type: none"> ➤ Associations of instructors / coaches 	<ul style="list-style-type: none"> The Cyprus Sports Organization (CSO or KOA) 	<ul style="list-style-type: none"> ➤ Sports schools ➤ Clubs and sports associations

GENERAL THEMATIC ISSUES

1. Sports terminology (theory, practice, methodology)
2. Principles of training (Romania, Greece)
3. Elements of anatomy and physiology
4. The structure of training sessions (technical training, tactical training, physical training, physiological training, theoretical and methodical training)
5. Organizing training sessions and competitions
6. Methods and techniques used in order to develop movement skills (speed, skill, resistance, force)
7. First aid in case of injuries
8. Nutrition
9. Hygiene

There are certain courses in the Italian and Greek curricula that are highly specialized (such as Sports psychology and Ergophysiology), and only taught in universities in other countries (e.g. Romania).

The schooling of the sports instructors differs from one educational system to another in terms of:

- The theoretical and practical training of seemingly equivalent levels of qualification (Level 1 in Italy and Level C in Greece) differs in terms of competences / knowledge / abilities;
- The organizations that are enabled to organize these courses are different with each country;
- Entry age (by the time they are 19, the students in the sports schools in Romania have already acquired this professional status; in Greece, Cyprus [?], Spain and Italy they have to be over 18 or over 25).

WHAT SHOULD WE DO?

- Set EQF levels that sports instructors should be set and defined in terms of knowledge, skills and competences;
- As the theoretical and practical requirements vary with each sport, the set of good practices should only touch on the common themes / competences, attaching sets of exercises that could be used in order to train the future sports instructors in accordance with the established EQF level.

MAIN ELEMENTS OF THE LIFELONG LEARNING STRATEGY FOR THE SPORT AND ACTIVE LEISURE SECTOR

