



# Sports Instructors Skills in accordance with the European Qualifications Framework

Cyprus Presentation

1<sup>st</sup> Consortium Meeting, Granada, Spain, October 25-27, 2009

# Sports In Cyprus

## The Cyprus Sports Organisation (CSO or KOA)



- founded in 1969 to promote sports.
- responsible for a wide range of activities including:
- development and supervision of out-of-school sports
- financing the construction and maintenance of sports stadium and facilities
- providing technical assistance to clubs and
- supporting Cyprus' participation in international meetings.

Its funds are used for assisting financially the federations and clubs for the promotion of their athletic programmes, for the creation, maintenance and running the basic athletic infrastructure to the highest possible standards

At present, CSO runs:

- modern [sports centres](#)
- [Olympic standards swimming pools](#) and
- multi-purpose indoor and/or outdoor [halls and/or stadiums](#) across the island

## Sports In Cyprus

### The Cyprus Sports Organisation (CSO or KOA)

a. **The National Sport Development Support Scheme.**

The Scheme was set up in 1998. It aims at supporting young athletes in exercising properly and in an organised manner, through clubs and societies, promoting them in specialised fields.

b. **The Talent Committee.**

Supports selective athletes, in large-scale athletic events.

c. **The Sports for All.**

Promotes sports to citizens. In 1975, the "Sports for All" programme was recognised by the Council of Europe, as a social service.

Today, Cyprus has **53 Federations** for various sports. Sports in Cyprus follow an ascending evolution and aim at a good presence in the next Olympic Games.

# Sports In Cyprus

## The CSO Sport Academy

Is the qualified body of CSO for the promotion of education, research and technology at sports.

Main objective: the promotion of the athletes' education, trainers, referees and instructors to each sector of sports.

The Academy operates at three main areas:

- Organising seminars to implement it's own aims
- Appoving and subsidising the operation of Sports schools & training centers
- Subsidise the training courses of Sports Clubs & Federations

[www.cyprussports.org](http://www.cyprussports.org)

## Sports In Cyprus

### The Cyprus Olympic Committee (COC or KOE)



The **Cyprus Olympic Committee (COC)** (*Κυπριακή Ολυμπιακή Επιτροπή*) was established in 1974 and in 1979 was recognised by the [International Olympic Committee](#). It is responsible for promoting the Olympic ideals on the island and for ensuring that [Cyprus](#) is represented with athletes at the Summer and Winter Olympic Games as well as at other regional and continental Games which have the patronage of the IOC.

Members of the Committee are the 35 Federations, which elect the Executive Council composed of the Chairman and 8 members. Mr. Ouranios Ioannides is the new head of the Committee replacing long time chairman Kikis Lazarides.

The COC organised the [1989 and the 2009 Games of the Small States of Europe](#).

[www.cyprus2009.org.cy](http://www.cyprus2009.org.cy)

**Education and professional training of the individuals who are professionally involved in Sports is a special field, which the COC considers particularly important.**

# Sports In Cyprus

## The Cyprus Olympic Academy

The Cyprus National Olympic Academy was founded on 13 January 1987.

The scope of the National Olympic Academy is the dissemination of the Olympic Ideals and the promotion of the social and educational values of Olympism. The Cyprus National Olympic Academy aims at:

- **providing Olympic Education to those involved in sport issues**
- **propagating the Olympic Values,**
- **implementing the social and pedagogical principles of Olympism,** as they have been established by the International Olympic Academy (IOA).

Within the framework of its mission, **the Academy organizes annual Sessions and seminars,** during which sports-related and other topics on Olympism and the Olympic Ideals are discussed.

[www.olympic.org.cy](http://www.olympic.org.cy)

# Sports In Cyprus

## The Regulated Professions in Cyprus

- REGULATED PROFESSIONS COVERED BY THE GENERAL PROVISIONS OF DIRECTIVE 2005/36/EC: Γυμναστής / Sports teacher

Regulated/Registered by the Director of Secondary Education, Ministry of Education.

I. NATIONAL CONTACT POINT for the regulated professions:

Department of Labour - Ministry of Labour and Social Insurance.

Tel: +357 22 400844/45 , Fax : +357 22 400809

E-mail: [qualifications@dl.mlsi.gov.cy](mailto:qualifications@dl.mlsi.gov.cy) Web site : [www.mlsi.gov.cy/dl](http://www.mlsi.gov.cy/dl)

NATIONAL COORDINATOR for the Professional Qualifications Framework & Standards:

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# Sports In Cyprus

## Sports Instructor Qualifications-Skills

- knowledge of the skills, rules, techniques and psychology of the game or sport they coach
- training and teaching skills
- knowledge of fitness techniques and diet
- the ability to use and care for sports equipment
- knowledge of first aid
- planning skills
- the ability to demonstrate their sport
- skill in evaluating the sporting ability of individual players and teams
- management skills
- the ability to communicate well with sports players and other sports officials.

# Sports In Cyprus

## Sports Instructor Qualifications-Skills

- teach the rules and demonstrate the skills of a sport
- organise and control practise sessions
- manage coaching staff such as the assistant coach
- plan fitness programmes
- ensure sports players use appropriate training and playing equipment
- work out the tactics and psychology of the game
- study the skills of players' opponents
- organise courses to help improve players' skills
- select players for teams
- seek out and encourage talented players.

Who are these guys?

Our Team for the Sports Instructor Skills project.

- Mr Costas Tringides, Executive Manager, Human Resource Consultant & Trainer
- Mr Michael Efrem, Stockbroker, Fitness & Tennis
- Mr Savvas Theofilou, Financial Analyst, Soccer Player

Who are these guys?

Mr Costas Tringides,  
Exec. Manager of Zeuxis,  
HR Consultant & trainer

- Sports: Cycling...only for fun!
- E-mail: [costast@argus.com.cy](mailto:costast@argus.com.cy)



Who are these guys?

Mr Savvas Theofilou, Financial Analyst,  
Soccer Player



- Captain of University at Albany varsity soccer team 2002-2004
- 2004 America East Regular Season Champions
- Member of the Student-Athlete Advisory Committee (SAAC) 2002-2004
- Member of University of Kentucky varsity soccer team 2000-2001
- 2000 MAC Tournament Champions
- 2000 NCAA Tournament Participants
- Member of the National Youth Soccer team- Under 18 of Cyprus for the Pan-European Youth Championship 1996/1998
- Played for Olympiakos Nicosia soccer club in Cyprus
- E-mail: [stheofilou@argus.com.cy](mailto:stheofilou@argus.com.cy)

Who are these guys?

Mr Michael Efrem, Stockbroker,  
Fitness & Tennis

- Fitness sports
- Plays Tennis
- E-mail: [mefrem@argus.com.cy](mailto:mefrem@argus.com.cy)

