



EQF LEVEL 4/5 KNOWLEDGE, COMPETENCES AND SKILLS FOR BASIC LEVEL INSTRUCTOR

Introduction

- **In the Italian market, fitness instructors often have limited past work experience and a simple certificate of attendance to short basic courses.**

 - **This happens because the Italian legislation does not provide a specific disciplin for fitness instructors and the Fitness Federetion is not ricognised by CONI.**

 -
 - **In the Fitness sector there are 2 kinds of instructors**
 - • **Basic level instructor**
 - • **Advanced level instructor**

 -
 -
 -
-

-
- **The basic level instructor is located at level 3 on the former EQSF. At this level, the instructor possess a basic level of core competencies, skills and knowledge to enable him or her to deliver exercise sessions and to assess, plan, deliver and evaluate basic exercise programmes for apparently healthy, adult members of the general public in a safe and effective manner.**
 - **For the purposes of the project, we preferred to analyse level 4/5, considering it more appropriate and in line with the specific features of the other sports instructors analysed within the project itself.**
 - **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 as well as elements of anatomy, necessary to plan a training program on strength, muscular endurance and joint flexibility and mobility.**
 - **The health and fitness instructor competence framework is a framework that specifies the minimum skills and competencies required by the instructor to safely carry out the range of job roles that they might be required to undertake at different levels within the European Health and Fitness Industry.**
 - **The competence framework is accompanied by the knowledge frameworks which outline the underpinning knowledge necessary to meet the minimum standards for these skills and competencies.**
-

Competences

- **Each unit is made up of blocks of competencies that the instructor must have to safely and effectively fulfil the key role or function. The competencies refer to the ability of the instructor to consistently apply knowledge and skills to a set standard in a variety of work situations.**
 - **Competencies are descriptions of general outcomes from the performance of work related functions in one of the key roles of the health and fitness instructor.**
-

Skills

- **Underpinning each competency is a range of skills that the instructor must possess and demonstrate to provide evidence of competent performance.**
 - **Skills are detailed specifications of what must be demonstrated and together with the competencies, they form the minimum standards.**
-

Knowledge

- **The knowledge framework has been developed at two levels for basic and advanced exercise instruction. What we have referred to in our table is the knowledge necessary to basic instructor.**
 - **The frameworks are structured in to different sections relating to key headings or areas of knowledge required for successful performance as an exercise instructor.**
 - **The knowledge framework is expressed in terms of learning outcomes and is cross referenced to the competencies and skills in the competence framework.**
-

Thank you for your attention

direzione@ce-res.org

www.ce-res.org