

THEORETICAL TRAINING PROPOSED LEARNING UNITS	COMPETENCES	KNOWLEDGE	SKILLS / ABILITIES
Concepts and principles	<ul style="list-style-type: none"> - Identify and agree goals with the client; - Select and agree appropriate components of fitness and activities with the client; - Integrate exercise science to the design of the programme; - Design physical activity programmes for weight management; - Design physical activity programmes for weight management. 	<ul style="list-style-type: none"> - Defines and describes sports-related concepts - Identifies the general and particular terminology of Handball - Understands the specific language of Handball, the training methodology and resources - Recognizes Handball-related documents 	<ul style="list-style-type: none"> - States the elements of Handball-related documents - Explains the content features of a specialized document - Interprets a technical text using specialized language - Communicates efficiently with the activity partners and trainees, using specialized terms in a flexible manner - Writes Handball-related documents, using specialized language
The organization and management of the training session	<ul style="list-style-type: none"> - Plan and prepare for an exercise session; - Prepare Clients for the session; - Teach clients planned activities for the session; - Evaluate the session and personal performance. 	<ul style="list-style-type: none"> - Knows the physical characteristics that determine the quality of the trainee and how they develop according to age - Knows the perceptual and motor qualities and how they develop according to age - Knows the statutory characteristics of the elements that are involved in the development of the Handball game 	<ul style="list-style-type: none"> - Knows how to develop the qualities of the trainees - Knows how to teach the rules of Handball and to perform a correct training session - Applies basic methods to develop physical, perceptual and motor qualities - Applies basic concepts when executing a correct warming up - Uses basic terminology of the sports training theory - Teaches basic rules of Handball regulations

<p>Elements of physiology</p>		<ul style="list-style-type: none"> - Describes the general characteristics of the bones of the human body - Identifies the joints and classifies them according to their characteristics and function - Identify the anatomical regions of the human body together with their structure and function 	<ul style="list-style-type: none"> - Interprets the basic concepts of biomechanic which are related to physical activity - Determines the most significant characteristics of the muscles - Determine the role of the cardiorespiratory system components - Determine the energetic metabolism Fundamentals - Explain the hydration and nutrition fundamentals - Applies the basic terminology of biological sciences - Predict and operate with the role and characteristics of the muscles and cardiorespiratory system
<p>Health and safety</p>	<ul style="list-style-type: none"> - Assess and minimise risk within the exercise setting; - Deal with accidents and emergencies; - Ensure compliance with appropriate legislative requirements. 	<ul style="list-style-type: none"> - Knows the laws and regulations that limits the intervention of the sports instructor in the field of first aids. - Identifies injuries and wounds and assesses the seriousness of them - Knows the effects of the main drug additions on the the human body 	<ul style="list-style-type: none"> - Explains the general principles of hygiene in sports - Describes recovering techniques to get the strength back after physical exercise - Identifies the factors that lead to alcoholism and nicotine poisoning and defines the effects produced on the human body in young sports men and woman - Applies first aid methods and techniques - Applies evacuation protocols for the injured or wounded.
<p>The training equipment (preparation and maintenance)</p>	<ul style="list-style-type: none"> - Teach the appropriate use of machines - Prepare clients training workout sheet - Guarantee a correct use of machines 	<ul style="list-style-type: none"> - Knows about the range of equipment and materials available to carry out a successful training and the characteristics of them - Knows how to deal with and maintain the equipment and other sport materials in order to implement good training and keep the equipment in good state 	<ul style="list-style-type: none"> - Informs the trainees of the most suitable equipment and materials that should be used for each purpose - Explains how to use the different materials and what they are for - Choose and justify the equipment and type of materials used when training and in order to develop the quality of the trainees
<p>Psycho-pedagogic basis of training</p>		<ul style="list-style-type: none"> - Describes the main psychological characteristics of children and youngsters and their influence in the beginning of sport practice - Identifies the factors that improve the acquisition process of sports techniques - Describes the teaching methods and systems of sports skills 	<ul style="list-style-type: none"> - Uses the basic terminology of teaching theory - Determines the role of the sports instructor in the acquisition of sports skills - Applies basic techniques in order to motivate young sportsmen and women

<p>Methods and techniques used in the practice of the sports discipline</p>	<ul style="list-style-type: none"> - Identify participants incentives and barriers to participate in exercise; - Develop and apply strategies to motivate participants to join and adhere to and exercise programme; - Inform participants of the benefits of a healthy lifestyle 	<ul style="list-style-type: none"> - Describes the basic elements of Handball strategy and techniques - Determines the basic technical actions of Handball in the initiation phase 	<ul style="list-style-type: none"> - Detects the most common mistakes in the execution of an specific basic technical action in Handball - Is able to inform about the difficulties in executing an specific Handball exercise and knows the way to prevent mistakes or correct them - Shows the basic technical actions of Handball - Uses the basic terminology of Handball technique and strategy
<p>Monitoring and assessment of the training level in a sports discipline</p>	<ul style="list-style-type: none"> - Review and modify the programme as appropriate to client progress; - Monitor, evaluate and adjust programmes for individuals and groups. 	<ul style="list-style-type: none"> - Knows the labour regulations applicable to certified level 1 sports instructors - Specifies the competences, functions, tasks and responsibilities for the certification of level 1 sports instructor in Handball - Determines the basic system of Handball territorial organisation - Describes the historical evolution of Handball in Spain 	<ul style="list-style-type: none"> - Describes the legal requirements to carry out the profession - Describes the learning process structure for Handball sports instructors in Spain - Implements the pertinent competences, functions, tasks and responsibilities for the certification of level 1 sports instructor in Handball in order to carry out the profession successfully
<p>Environmental awareness</p>		<ul style="list-style-type: none"> - Identifies social and cultural values that can be transmitted through sport 	<ul style="list-style-type: none"> - Depicts the intervention models of sports instructors in the transmission of social values through sport - Is able to transmit principles about the protection of the environment by promoting an environmentally friendly practice of Handball - Raises awareness about the responsibility of sports instructors in the transmission of social values and the respect for the environmentally friendly execution of sports