

EUROPASS DIPLOMA SUPPLEMENT

TITLE OF THE DIPLOMA (ES)

Técnico Superior en Acondicionamiento Físico

TRANSLATED TITLE OF THE DIPLOMA (EN)⁽¹⁾

Higher Technician in Fitness

(1) This translation has no legal status.

DIPLOMA DESCRIPTION

The holder of this diploma will have acquired the General Competence with regard to:

Elaborating, coordinating, developing and evaluating fitness programmes for all users and in different spaces for practice, boosting the activities and orienting them towards the improvement of the quality of life and health, ensuring safety and applying quality criteria both to the process and to the results of the service provided.

Within this framework, the PROFESSIONAL MODULES and their respective LEARNING OUTCOMES acquired by the holder are listed below:

“Social skills”.

The holder:

- Implements strategies and techniques to foster communication and social relationships, relating them to the principles of social and emotional intelligence.
- Makes teamwork dynamic, applying suitable techniques and justifying his or her choice according to the group characteristics, context and objectives.
- Conducts meetings analysing the various forms or styles of intervention and organization according to the characteristics of the target groups and context.
- Implements strategies for conflict management and problem-solving, selecting them according to the context characteristics and analysing the different models.
- Evaluates the group processes and his or her own social skills to further the professional duties, identifying the areas subject to improvement.

“Fitness assessment and intervention in the event of accidents”.

The holder:

- Establishes relationships between the intensity levels of physical exercise and the physiological adaptations of the cardiorespiratory and regulatory systems, examining their functioning.
- Associates the mechanics of the exercises and activities of basic fitness with the biomechanics and physiological adaptations of the musculoskeletal system, analysing their functioning.
- Devises basic fitness programmes, applying the principles of the different systems to further basic physical skills.
- Carries out tests for the determination of the physical and biological condition, which are adequate to the parameters to be assessed, applying the pertaining protocols in safety conditions.
- Interprets the test results of the fitness assessment, recording and analysing the data in fact sheets.
- Integrates complementary measures in the programmes to improve the physical condition, assessing their implications for the improvement of health and life quality.
- Carries out the initial assessment of assistance in the event of an emergency, examining the risks, the available resources and the kind of assistance required.
- Applies life support and first aid techniques of life as established in protocols.
- Applies immobilization and mobilization methods allowing the evacuation of an injured person, if necessary.

“Fitness in the multipurpose room”.

The holder:

- Organises activities in a multipurpose room, establishing the procedures that ensure the resources' suitability of the activities, as well as the safety and optimisation of the use of the area.
- Devises fitness programmes, bearing in mind the data from the user's fitness assessment and the available resources in the multipurpose room.
- Describes and demonstrates the execution of exercises and the use of the common material in fitness activities in a multipurpose room, highlighting the key aspects of injury prevention.
- Conducts fitness activities, applying specific methodologies for their development within the context of a multipurpose room.
- Organises events in the area of fitness, determining the factors involved in their promotion and safety.
- Applies safety measures and emergency plans in the multipurpose room, evaluating the conditions and risk factors.

“Basic fitness activities combined with music”.

The holder:

- Analyses the characteristics of basic fitness group activities when combined with music, relating them to the adaptation processes they cause to the body.
- Plans basic fitness group activities with the use of music, taking into account the users’ needs and the areas of intervention.
- Designs simple choreographies, adapting them to the objectives and contents of a session and to the selected music.
- Manages sessions for basic fitness group activities combined with music, applying specific methodologies for its development.
- Organises activities taking place in an aerobic room, establishing the procedures for the organization of specific resources that guarantee versatility, effectivity and safety.
- Applies emergency plans for the aerobic room, evaluating the conditions and risk factors.

“Specialised fitness activities combined with music”.

The holder:

- Analyses the characteristics of the specialised group fitness activities combined with music, assessing the adaptation processes that they cause to the body.
- Plans specialised group fitness activities combined with music, bearing in mind the users’ needs and the particular elements of each activity.
- Designs choreographies of specialised group fitness activities combined with music, according to the different levels of users and the style of each modality.
- Designs choreographies of group fitness activities with cycle machines and music, on the basis of the different levels of users and the style of each modality.
- Conducts sessions of specialised fitness activities combined with music, showing the selected execution techniques.

“Aqua aerobics”.

The holder:

- Analyses the characteristics of water aerobic exercises, associating them to the adaptation processes that they cause to the body.
- Organises the resources involved in aqua fitness events and programmes and in water rescue, defining the criteria of versatility, efficacy and safety.
- Plans aqua fitness activities, taking into account the users’ needs and the spaces for intervention.
- Designs aqua fitness sessions, adapting them to the objectives of reference and the available means.
- Manages the aqua fitness activities, adapting the intervention to the activity and group dynamics.
- Applies specific techniques of water rescue in simulations of accidents or emergency situations, following the life-saving and rescue protocols.

“Hydrokinesitherapy techniques”.

The holder:

- Examines the typical movements of hydrokinetic activities, evaluating their impact on functional improvement.
- Monitors and prepares the area for the intervention and the material means, ensuring they are in good condition and functioning properly within the standards of safe and efficient use in hydrokinetic activities.
- Designs hydrokinetic protocols for body care, adapting them to the needs and expectations of the different types of users.
- Conducts sessions of hydrokinesitherapy, instructing and applying specific support techniques, according to the structure and methodology stated in the benchmark protocol.
- Evaluates the process and results obtained in the development of hydrokinetic protocols, verifying the quality of the service, the degree of attainment of the objectives and participants’ satisfaction.

“Postural control, well-being and functional maintenance”.

The holder:

- Plans activities for postural control, well-being and functional maintenance, relating them to the users’ profiles and the available resources.
- Monitors and prepares the space for intervention and the material means in order to develop activities of postural control, well-being and functional maintenance, evaluating the parameters of use.
- Designs sessions for postural control, well-being and functional maintenance, according to the reference programme.
- Manages sessions of postural control, well-being and functional maintenance, applying specific methodologies for their development.
- Evaluates the activities of postural control, well-being and functional maintenance, verifying the quality of the service, the degree of attainment of objectives and participants’ satisfaction.

“Project on fitness”.

The holder:

- Identifies the needs of the production sector, relating them to the standard projects that may satisfy them.

- Designs projects related to the competences described in the diploma, including and developing their constituting stages.
- Plans the project implementation, determining the intervention plan and associated documentation.
- Defines the procedures for the monitoring and control of the project implementation, justifying the selection of variables and instruments used.

“Vocational Training and Guidance”.

The holder:

- Selects job opportunities, identifying the different possibilities of labour integration, and the alternatives of lifelong learning.
- Applies teamwork strategies, assessing their effectiveness and efficiency on the achievement of the company's goals.
- Exercises rights and complies with the duties derived from labour relationships, recognising them in the different job contracts.
- Determines the protective action of the Spanish Health Service in view of the different covered eventualities, identifying the different types of assistance.
- Assesses risks derived from his/her activity, analysing job conditions and risk factors present in his/her labour setting.
- Participates in the development of a risk prevention plan in a small enterprise, identifying the responsibilities of all agents involved.
- Applies protection and prevention measures, analysing risk situations in the labour setting of the Higher Technician in Fitness.

“Business and Entrepreneurial Initiative”.

The holder:

- Recognises skills related to entrepreneurial initiative, analysing the requirements derived from job positions and business activities.
- Defines the opportunity of creating a small enterprise, assessing the impact on the performance setting and incorporating ethic values.
- Carries out the activities for the setting-up and implementation of a company, choosing the legal structure and identifying the associated legal obligations.
- Carries out basic administrative and financial management activities of an SME, identifying the main accounting and tax obligations and filling in documentation.

“On the Job Training”.

The holder:

- Identifies the company's structure and organisation, relating them to the kind of service provided.
- Applies ethical and work habits in the development of his/her professional activity, according to the characteristics of the job and the procedures established by the enterprise.
- Evaluates the physical condition, the motor skill and the motivations of the participants in fitness programmes, dealing with the data in a meaningful way in order to carry out the planning and to get feedback on the programmes.
- Plans, manages and energizes fitness activities, adapting them to the dynamics of the particular activity and group and applying the necessary actions in the event of an accident.
- Plans, manages and energizes activities of postural control, well-being, functional recovery and hydrokinesitherapy, adapting them to the dynamics of the activity and the group and applying the necessary actions in the event of an accident.
- Coordinates working groups and evaluates the risks derived from the activities, examining the conditions of the implementation and the risk factors present in this process.

RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE DIPLOMA

The Higher Technician in Fitness works in the public sector, being it the Central Administration or in the regional or local authorities, as well as in private institutions, fitness clubs, sport services companies, municipal sports councils or centres, sport clubs or associations, social clubs or associations, tourism companies (hotels, campsites and spa, among others), large companies with employee sport services, old age and elderly or social care homes, sport federations or sports governing bodies (councils and directorates-general for sports, among others).

The production sectors of employability are the fitness sector, both in the fitness and the wellness and sport spheres.

The most relevant occupations or jobs are the following:

- Fitness coach in multipurpose rooms in fitness clubs or sports centres and in water facilities.
- Group fitness coach in gyms, water facilities or sports centres, with the support of music.
- Personal trainer.
- Hydrokinesitherapy and bodycare group instructor.
- Fitness activity promoter.

- Fitness activity leader.
- Fitness and hydrokinetic activity coordinator.
- Aerobic, step, indoor cycle, water aerobics and related activities team leader.
- Fitness for special needs instructor.

AWARD, ACCREDITATION AND LEVEL OF THE DIPLOMA

Name of the body awarding the diploma on behalf of the King of Spain: Spanish Ministry of Education or the different Autonomous Communities according to their areas of competence. The title has academic and professional validity throughout Spain.

Official duration of the education/ training leading to the diploma: 2000 hours.

Level of the diploma (national or international)

- NATIONAL: Non-University Higher Education
- INTERNATIONAL:
 - Level 5 of the International Standard Classification of Education (ISCED5).
 - Level 5 of the European Qualifications Framework (EQF 5).

Entry requirements: Holding the Certificate in Post-Compulsory Secondary Education (Bachillerato) or holding the corresponding access test.

Access to next level of education/training: This diploma provides access to university studies.

Legal basis. Basic regulation according to which the diploma is established:

- Minimum teaching requirements established by the State: Royal Decree 651/2017, of 23rd June, according to which the diploma of Higher Technician in Fitness and its corresponding minimum teaching requirements are established.

Explanatory note: This document is designed to provide additional information about the specified diploma and does not have any legal status in itself.

COURSE STRUCTURE OF THE OFFICIALLY RECOGNISED DIPLOMA

| PROFESSIONAL MODULES IN THE DIPLOMA ROYAL DECREE | CREDITS ECTS |
|---|-----------------|
| Social skills. | 6 |
| Fitness assessment and intervention in the event of accidents. | 12 |
| Fitness in the multipurpose room. | 16 |
| Basic fitness activities combined with music. | 12 |
| Specialised fitness activities combined with music. | 7 |
| Aqua aerobics. | 11 |
| Hydrokinesitherapy techniques. | 8 |
| Postural control, well-being and functional maintenance. | 12 |
| Project on fitness. | 5 |
| Vocational Training and Guidance. | 5 |
| Business and Entrepreneurial Initiative. | 4 |
| On the Job Training. | 22 |
| | TOTAL CREDITS |
| | 120 |
| OFFICIAL DURATION (HOURS) | 2000 |

* The minimum teaching requirements shown in the table above comprise 55% official credit points valid throughout Spain. The remaining 45% corresponds to each Autonomous Community and can be described in the **Annex I** of this supplement.

INFORMATION ABOUT THE EDUCATION SYSTEM

