

EuropeActive Occupational Standards Summary Document

Active Ageing Trainer (EQF Level 4)

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Active Ageing Trainer

Definition

An Active Ageing Trainer delivers fitness instruction to individuals with the use of equipment in a gym (Fitness Instructor pre-requisite) or to a group through fitness classes (Group Fitness Instructor pre-requisite). The Active Ageing Trainer differs from a Level 3 Instructor in their understanding of the physiology of ageing and their ability to work safely with older adults through the adaptation of exercise programme design and delivery. Active Ageing Trainers create a fitness environment that is welcoming and not intimidating for older exercisers.

Scope

The occupation of Active Ageing Trainer is informally referenced to the European Qualification Framework level 4.

Specific pre-requisites

EQF Level 3 Fitness Instructor or equivalent accreditation certification. If delivering group fitness classes EQF Level 3 Group Fitness Instructor or equivalent accreditation certification.

Level of entry on to EREPS

Level 4

Technical expert group members and external consultation experts

These standards were fully adopted within the process of external consultation and afterwards approved by the EuropeActive Professional Standards Committee.

Chairman of EHFA Standards Council (2012):

Prof. Alfonso Jimenez, PhD, CSCS, NSCA-CPT

Technical Expert Group (2012):

- *Dr. Andres Nedergaard, Fit&Sund, Denmark (TEG Leader)*
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- *Susana Moral, European University of Madrid, Spain*
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Experts who participated in the external consultation process:

- *Dr. Christopher Andersen, Fit&Sund, Denmark*
- *Dr. Oscar Garcia, European University of Madrid, Spain*
- *Dr. Silvano Zanuso, Technogym Research Department, Italy*

- *Dr. Antonino Bianco, University of Palermo, Italy*
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- *Steven Mann, FIA Research Institute, UK*
- *Prof Rita Santos Rocha, ESDRM, Portugal*

Essential skills

Collect and analyse health and lifestyle information	Build rapport and collect information from individual older adults clients. Implement appropriate pre-participation screening and analyse health and lifestyle information relating to individual older adult clients. Make the appropriate decisions relating to older adult client's health status and goals, where required refer the client to a more appropriate professional.
Provide appropriate and effective exercise prescription	Provide a range of exercise programmes in accordance with the needs of older adult clients by applying principles of exercise programming and an understanding of common biomechanical and physiological changes associated with ageing.
Deliver appropriate exercise sessions	Deliver exercise sessions to individuals or groups of older adults based on evidence-based guidelines for the age group and which have been tailored to their individual and collective needs. Adapt exercise session delivery to increase safety and take account of the challenges faced by many older adults when exercising.
Provide a safe and appropriate exercise environment	Create an environment and atmosphere in which older adult clients feel comfortable and confident to participate in exercise. Provide opportunities for social interaction in exercise programming and delivery for older adults.
Motivate older adult clients to adhere to exercise programmes	Develop and apply strategies to motivate older adult clients to join and adhere to an exercise programme. Explain exercises and other technical information in terminology that is familiar to older adults and builds their self-efficacy to support independent exercise.
Apply appropriate teaching strategies	Adapting teaching/instructing methods to communicate effectively with older adult clients.
Provide a positive role model and customer service	Deliver good customer service recognising that there is an increased level of responsibility for older adult clients who may be considered vulnerable and meeting this duty of care. Be a positive role model at all times.

Promote the benefits of a healthy lifestyle	Promote healthy activities and related strategies for active daily living to older adult clients.
Provide appropriate age-related nutrition and hydration advice	Ensure adequate energy intake and regular eating for older adult clients. Encourage older adult clients to drink water before, during and after exercise. Structure exercise sessions to provide opportunities for comfort breaks.
Provide emergency aid	Recognise the signs indicating that an older adult client should stop exercising immediately or requires medical attention. Manage an emergency situation when instructing an older adult client or group and provide emergency aid to an older adult during or following an exercise session if required.
Act professionally and responsibly at all times	Keep up to date with sector developments



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