

EUROPEAN

STANDARDS

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EuropeActive Occupational Standards Summary Document

Fitness Instructor and Group Fitness Instructor (EQF Level 3)

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Fitness Instructor and Group Fitness Instructor

Definition

The role of a fitness or group fitness instructor is to build fitness participation of new and existing members through fitness experiences that meet their needs. An Instructor delivers fitness instruction to individuals with the use of equipment (Fitness Instructor) or to a group through fitness classes (Group Fitness Instructor). Both types of instructor have the same purpose of promoting and delivering safe and effective exercise but depending on the specific situation, some additional knowledge, skills and competences may be required.

Scope

This occupation is informally referenced to the European Qualification Framework level 3. A group fitness instructor supervises and instructs more than 1 person at a time.

Specific pre-requisites

There are no specific prerequisites before starting this EQF Level 3 qualification.

Level of entry on to EREPS

Level 3

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 (2011):

- *Prof. Alfonso Jiménez (EHFA, Spain) - TEG Leader*
- *Ben Gittus (SkillsActive, UK)*
- *Margarida Manz (Manz Produções, Portugal)*
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- *Jean Sadouni, Chair of TEG Leaders*
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- *Irene Van Geest, Vice-Chair EHFA SC (external reviewer)*

Technical Expert Group (2020 Review):

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- *Dr. Michael Harrison, PSC Deputy Director - Accreditation, EuropeActive, Belgium; Waterford Institute of Technology, Ireland*
- *Colin Huffen, Chartered Institute for the Management of Sport and Physical Activity, SportPark Loughborough University, United Kingdom*
- *David Kingsbury, Personal Trainer, United Kingdom*
- *Prof. Simona Pajaujiene, PhD, Lithuanian Association of Health and Fitness Clubs (LSKA), Lithuanian Sports University, Lithuania*
- *Ben Pratt, Nordic Fitness Education, Iceland*
- *Prof. Rita Santos Rocha, PhD, ESDRM-IPS - Sport Sciences School of Rio Maior - Polytechnic Institute of Santarém, Rio Maior, Portugal*
- *Dipanda Silva, Personal Training Director in VivaGym, Fitness Hut, Portugal*

Essential skills

Maintain the exercise environment	Help to provide a safe, clean and friendly fitness environment
Provide customer care	Observe clients/members at all times and inform them where necessary about health and safety requirements and emergency procedures and be able to deal with foreseen accidents and emergencies
Provide appropriate customer service	Welcome clients/members, keep records and bookings of their activities, and direct them for further technical assistance or to other appropriate members of staff for guidance and support
Identify customer motives and goals	Identify individual motives and resulting short, medium and long term fitness goals
Collect information	Identify client information which is to be collected and advise clients of correct procedures, protocols and risks prior to commencing physical assessment and exercising
Provide safe instruction	Provide safe and effective fitness instruction

Integrate Exercise Science to	For exercisers with controlled health conditions provide a range of exercise programmes in accordance with their needs and those recommended by other health professionals by applying principles of exercise programming
the design of the programme	Apply the knowledge of the musculoskeletal system, biomechanical concepts as they relate to movement and exercise, the knowledge of related physiological concepts, the knowledge of the cardio-respiratory system and energy systems, to programme design.
Observe and correct	Observe customers who are exercising and suggest corrections and adaptations as necessary to ensure techniques and procedures (posture, range of motion, control, timing and form) are safe and effective
Adapt exercise	Suggest relevant exercise adaptations or options to allow for individual client differences or needs and provide participants with advice on intensity and how to progress their individual performance and results
Offer motivation	Positively interact and motivate clients/members using appropriate strategies in order to promote adherence to exercise.
Promote a healthy lifestyle	Provide information about the role of physical activity, modes of exercise and related services and the importance of healthy activities for daily living to clients
Promote customer referral	Invite customers to bring friends and family along and promote their fitness activities in their social environment
Demonstrate professional conduct	Work within the parameters given at Level 3, recognising the standards and professional limitations that this provides, and ensuring essential personal skills and knowledge to be a fitness instructor are maintained and updated



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