

EUROPEAN

STANDARDS

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# EuropeActive Occupational Standards Summary Document

Graduate Exercise Professional  
(EQF Level 6)

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## Graduate Exercise Professional

### Definition

A Graduate Exercise Professional has a role, which includes, designing, implementing, conducting/instructing, evaluating and supervising exercise/physical activity programmes for the general population and for specialist populations (special phases of life – (1) ), by collecting and analysing client information to ensure the effectiveness and safety of personal and group exercise programmes. The Graduate Exercise Professional also supervises other fitness professionals and participates in the implementation of exercise/physical activity promotion activities and programmes, as well as in the managing activities of the club, in order to assure and provide the quality of the service to members or customers.

1. *The following special phases of the life cycle were taken into consideration: pre-adolescents and adolescents, healthy pregnant and postpartum women and older adults.*

### Scope

The occupation of Graduate Exercise Professional is informally referenced to the European Qualification Framework level 6.

### Level of entry on to EREPS

Level 6

### Requirements profile

#### Qualification Requirement

An undergraduate degree with, at least, the amount of credits listed in the degree contents requirement, for each of the contents considered as essential and specific to fulfil the occupational roles described for this professional. Note that the undergraduate degree may be specifically in Exercise Sciences, but also in Sport Sciences, Physical Education, or have other title, which might not reflect those contents.

#### Experience Requirement

Expected to have worked in the health and fitness industry as professional having basic management responsibility and research knowledge with considerable experience (minimum 500 hours) as a personal trainer or exercise specialist. It must have been accomplished in a health and fitness setting or equivalent after graduation.

#### Degree Content Requirements

Most bachelor programmes in Europe comprise a total of 180 ECTS (although some countries have 240 ECTS). For this purpose, specific exercise sciences content must comprise of at least 90 credit points based on European Credit Transfer System (ECTS) total within a degree coming from each of the following academic areas:

- *Musculoskeletal Anatomy (minimum 4 credits)*
- *Human Physiology (minimum 3 credits)*

- *Exercise Physiology (minimum 3 credits)*
- *Fundamental Biomechanics / Motor Control (minimum 2 credits)*
- *Applied Biomechanics (minimum 2 credits)*
- *Nutrition (minimum 2 credits)*
- *Exercise Testing and Prescription for the General Population (minimum 4 credits)*
- *Exercise Testing and Prescription for the Specialist Populations (minimum 4 credits)*
- *Fitness and Sports Conditioning (minimum 20 credits)*
- *Sport/Exercise Psychology (minimum 4 credits)*
- *Sport/Exercise Pedagogy (minimum 4 credits)*
- *Physical Activity and Health Promotion (minimum 4 credits)*
- *Exercise Science Research Methods and Analysis (minimum 4 credits)*
- *Optional contents with high relevance in a fitness or exercise setting (e.g. Management, Marketing/Sales, Leadership, Communication, Presentation, Fitness Practicum, etc.) (minimum 30 credits)*

## **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.

This Graduate Exercise Professional Summary Document is an update of and replaces the summary of the Requirements Profile of the Advanced Health & Exercise Specialist. The revision of the main assumptions of this document was done by fitness sector stakeholders during the 3rd Sector Skills Alliance Meeting and during the International Standards Meeting in Copenhagen in 2019, as a part of the session on "Beyond Level 4 – Pathways for the Aspiring Fitness Professional". The revision process was led by Julian Berriman, Director of the Professional Standards Committee.

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## Essential skills

Understand evidence-based, interpersonal practice	Assume responsibility for building interdisciplinary relationships and the evidence-based work habits of others. Be able to utilise knowledge to permanently reflect and adapt working procedures as well as monitor interdisciplinary networks.
Apply knowledge about anatomy, physiology and biomechanics	Assume responsibility for the correct use and transfer of anatomical, physiological and biomechanical knowledge
Ensure motivation and adherence to physical activity	Be able to observe and assess client supervision with regard to motivation and adherence
Manage exercise testing and prescription	Independently and responsibly manage the system for exercise prescription and testing
Manage exercise for specialist populations (special phases of life) programmes	Be able to independently interpret data about specialist populations and implement actions. Be able to draw on knowledge of the relevant field to identify and define obvious problems and challenges for an exercise setting
Lead physical activity and health promotion	Take responsibility for effective and health-related client service, and demonstrate commitment
Implement research-based programme development and evaluation	Be able to develop research-based exercise programmes and to address relevant issues as well as lead others in this regard
Oversee management activities	Be able to oversee management processes and to intervene appropriately



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