

EUROPEAN

STANDARDS

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EuropeActive Occupational Standards Summary Document

Personal Trainer (EQF Level 4)

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Personal Trainer

Definition

A personal trainer's role includes designing, implementing and evaluating exercise/physical activity programmes for a range of individual clients by collecting and analysing client information to ensure the effectiveness of personal exercise programmes. A personal trainer should also actively encourage potential clients/members to participate in and adhere to regular exercise/physical activity programmes, employing appropriate motivational strategies to achieve this and to assist them with behavioural change as a result.

Scope

The occupation of personal trainer is informally referenced to the European Qualification Framework level 4.

Specific pre-requisites

EQF Level 3 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.

Technical Expert Group (2011):

- *Prof. Alfonso Jiménez (EHFA, Spain) - TEG Leader (and Chairman of EHFA Standards Council 2011)*
- *Ben Gittus (SkillsActive, UK)*
- *Margarida Manz (Manz Produções, Portugal)*
- *Matthias Guett (EOSE, Lyon, France)*
- *Maura O'Sullivan Ryan (NCEF, University of Limerick, Ireland)*
- *Niki Keene (Curves International)*
- *Pernilla Ohlsson (PT School, Sweden)*
- *Richard Earney (Aspria, Belgium).*
- *Susanne Björklund (SAFE, SATS, Sweden)*
- *Xavier Martins (Les Mills International)*
- *Jean Sadouni, Chair of TEG Leaders*
- *Cliff Collins, EREPS Director (Observer)*
- *Irene Van Geest, Vice-Chair EHFA SC (external reviewer)*

Technical Expert Group (2017):

- *Alexis Batrakoulis, MSc, GRAFTS, EuropeActive (Greece)*
- *Alfonso Jiménez, PhD, Coventry University / Go Fit (UK / Spain)*
- *Bartosz Groffik, PZTP (Poland)*
- *Francesco Bertiato, Technogym (Italy)*
- *Julian Berriman, MA, EuropeActive (UK)*
- *Lou Atkinson, PhD, Aston University (UK)*
- *Manuel Valcarce, BSc, VALGO (Spain)*
- *Marta Fernandes, BSc, Go Fit (Portugal)*
- *Rita Santos Rocha, PhD, ESDRM Sport Sciences School of Rio Maior-IPSantarém, EuropeActive (Portugal) – TEG leader*
- *Sasha Linz, BSc, Fitness First (Germany)*
- *Simona Pajaujiene, PhD, Active Training / Lithuanian Sports University / EuropeActive (Lithuania) – TEG leader*
- *Stefan Westerback, FISAF (Finland)*

External Consultation Group (2018):

- *Anna Szumilewicz, PhD, Gdansk University of Physical Education and Sport (Poland)*
- *Ben Jackson, Active IQ (United Kingdom)*
- *Ben Pratt, Keilir Academy (Iceland)*
- *Christoffer Andersen, PhD, MSc, Metropolitan University College (Denmark)*
- *Graham Melstrand, American Council on Exercise (USA)*
- *Maria Pedersen, At Work A/S (Denmark)*
- *Mikael Witick, Trainer4You (Finland)*
- *Per Bergqvist, Bergqvist Massage & Friskvårdsutbildningar (Sweden)*
- *Susana Franco, PhD, ESDRM Sport Sciences School of Rio Maior-IPSantarém (Portugal)*
- *Vera Simões, PhD, ESDRM Sport Sciences School of Rio Maior-IPSantarém (Portugal)*

Technical Expert Group (2020 Review):

- *Anna Szumilewicz, PhD, PSC Deputy Director – Standards, Gdansk University of Physical Education and Sport (Poland) – TEG Chair*
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- *Atle Arntzen, Personal Trainer Manager, Norway*
- *Anna Bogdanova, Personal Trainer, PSC Deputy Director - EREPS, EuropeActive, Denmark*
- *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

Demonstrate a professional attitude	Demonstrate responsibility and professional duty of care to clients which will include communication skills and a focus of customer care orientation
Select and maintain a safe exercise environment	Select the correct training environment and assess risks to ensure it provides a safe, clean and friendly fitness environment and that it will be the best use of the environment in which clients are exercising
Motivate clients	Capability to develop rapport in order to motivate individuals to begin, adhere and /or return to exercise
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
Assess and analyse information	Carry out fitness assessments to establish fitness and skill level and analyse information relating to individual clients
Use current technology	Use appropriate technological developments to help clients increase general activity levels and be motivated to adhere to exercise programmes
Plan and prepare for an exercise session	Prepare equipment and facilities for the session ensuring compliance with industry and national guidelines for normal operating procedures and plan timings and sequences for the session
Identify customer motives and goals	Identify individual motives and resulting short, medium and long term fitness goals
Provide exercise prescription	Provide a range of exercise programmes in accordance with the needs of the clients by applying principles of exercise programming

Integrate the principles of training	Apply the knowledge of principles of training and components of health related fitness to the design of an individual programme to meet client's abilities, needs, and lifestyle and exercise preferences
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.
Integrate Exercise Science to 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
Inform clients of benefits of a healthy lifestyle	Provide participants with accurate information on principles of nutrition and weight management
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
Demonstrate professional conduct	Work within the parameters given at Level 4, recognising the standards and professional limitations that this provides, and ensuring essential personal skills and knowledge to be a personal trainer are maintained and updated and to be a positive role model at all times and keep up to date with industry developments
Apply business and marketing skills	Apply business, marketing, and selling strategies and best practices to achieve success as an employee, independent contractor or entrepreneur.
Demonstrate professional responsibility	To ensure that other workers and clients are treated with respect and that appropriate civil liability insurance is in place at all times of instructing



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