

# EuropeActive Occupational Standards Summary Document

## Youth Fitness Instructor (EQF Level 4)

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## Youth Fitness Instructor

### Definition

A youth fitness instructor for children and adolescents is responsible for the planning, instructing and evaluation of activities for children (approximate ages 6-11 years) and adolescents (approximate ages 12-17 years), including (but not limited to) creative play, games providing basic skills for various sports and general exercise, individual and group fitness activities to promote a healthy lifestyle. A youth fitness instructor is responsible for encouraging children and adolescents and where possible, their family and friends, to adhere to activities that promote exercise and a healthy lifestyle, employing motivational strategies to achieve this.

### 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.

### Chairman of EHFA Standards Council (2012):

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## Essential skills

Promote a safe, supportive and inclusive environment	Demonstrate a positive and fun attitude to ensure that children/adolescents feel welcome and at ease at all times. Provide a safe, supportive and inclusive environment to ensure the physical, mental and emotional health and well-being of children and/or adolescents through creative play, games, general fitness and sport-based activities.
Integrate and apply relevant scientific evidence in relation to youth training	Know, understand and apply the relevant scientific knowledge and practical considerations concerning youth (children aged 6-11 years, and adolescent aged 12-17 years) physical, mental and emotional development, with particular reference to the differences between chronological and maturational age.
Motivate clients	Positively interact and motivate children/adolescents using appropriate communication and motivational strategies (using effective written, oral and presentation skills) to promote long term adherence to an active lifestyle.
Assess and analyse information	Identify individual motives and resulting short, medium and long term fitness goals for participation in activities. Know how to use instruments (battery tests) to evaluate youth physical condition and how to interpret the results in order to evaluate the health and fitness level of children and adolescents.

Provide appropriate and effective exercise prescription	Know and understand how to select and use appropriate strength and cardiovascular equipment when working with children and adolescents and design basic activity programs using these mediums.
Plan and deliver appropriate activity sessions	Plan and deliver a variety of activity sessions appropriate for the age range of the group and any developmental differences within the group, including (but not limited to) creative play, sports-based sessions, music-based and additional group classes activities, general exercise and healthy lifestyle sessions.
Manage the exercise or activity session	Observe children/adolescent participants at all times and correct unsafe practices or technique toward the achievement of optimal movement patterns. Ensure children/adolescents exhibit appropriate and safe behavior in the activity/exercise environment.
Adapt and progress activities and exercise	Provide adaptations and alternatives throughout sessions to allow for individual differences. Know how to progress activity within sessions and over time so that children/adolescents experience a sense of achievement in accordance with their age, stage of development and ability.
Provide a positive role model and communicate effectively using appropriate teaching strategies	Act as a positive role model for children/adolescent to look up by using appropriate teaching (pedagogical) strategies. Show basic reflection on learning experiences and formulate learning goals - apply effective teaching styles, time management, instruction, feedback and manage indiscipline. Use effective team building skills.
Promote the benefits of a healthy lifestyle to children/adolescents and their friends and family	Promote fun, healthy activities and related strategies (including general nutritional habits) for daily living to children/adolescents and their parents. Encourage children/adolescents to include friends and family in their games/fitness/sports participation. Liaise with the parents of the children/adolescents participating and keep them informed of the activities planned and the benefits of a healthy lifestyle.
Meet all health, safety and legal responsibilities	Ensure that all personal CRB checks (and any other national guidelines and requirements) are met and undertaken prior to instructing children and are kept up to date. Ensure that all health and safety guidelines appropriate to children/adolescents, are adhered to.

<p>Act professionally and responsibly at all times</p>	<p>Reflect on own performance to enhance personal development. Keep up-to-date with health and fitness industry developments especially in relation to children to ensure high standards and appropriate activities are selected to meet child/adolescent needs.</p>
<p>Operate within scope of practice</p>	<p>Cooperate with a team and other professionals in organizations, demonstrating understanding of own strengths and weaknesses. Work within the parameters given at Level 4, recognising the standards and professional limitations that this provides and referring to appropriate members of staff for guidance and support when necessary.</p>



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