

## EuropeActive Occupational Standards Summary Document Fitness Instructor and Group Fitness Instructor (EQF Level 3)

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### Fitness Instructor and Group Fitness Instructor

#### 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.

#### Pre-requisites

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

#### Level of entry on to EREPS

Level 3

#### Essential skills

<b>Maintain the exercise environment</b>	Help to provide a safe, clean and friendly fitness environment
<b>Provide customer care</b>	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
<b>Provide appropriate customer service</b>	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
<b>Identify customer motives and goals</b>	Identify individual motives and resulting short, medium and long term fitness goals
<b>Collect information</b>	Identify client information which is to be collected and advise clients of correct procedures, protocols and risks prior to commencing physical assessment and exercising
<b>Provide safe instruction</b>	Provide safe and effective fitness instruction
<b>Integrate Exercise Science to the design of the programme</b>	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.
<b>Observe and correct</b>	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

<b>Adapt exercise</b>	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
<b>Offer motivation</b>	Positively interact and motivate clients/members using appropriate strategies in order to promote adherence to exercise.
<b>Promote a healthy lifestyle</b>	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
<b>Promote customer referral</b>	Invite customers to bring friends and family along and promote their fitness activities in their social environment
<b>Demonstrate professional conduct</b>	Work within the parameters given at Level 3, recognising the standards and professional limitations that this provides, and ensuring essentials personal skills and knowledge to be a fitness instructor are maintained and updated