

SETTING THE STANDARDS
FOR THE EUROPEAN
HEALTH AND FITNESS SECTOR

EHFA EQF Level 2 Skills and Underpinning Knowledge for Fitness Assistant as part of the EHFA Learning Outcomes Framework



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EHFA Fitness Assistant

This document supports the EHFA Competence Framework and contains the essential Skills and Knowledge written as Learning Outcomes, based on occupational purposes, required to work as a Fitness Assistant in the European Health and Fitness Industry at the EQF-Fitness Level 2. These Standards and the Education associated are purpose and outcome driven, aligned with the industry main goal to get 'more people, more active, more often'.

All fitness assistants will require a Basic Core Knowledge related to the context of healthy active lifestyle promotion and safety principles in a fitness environment.

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Introductory information

What is the EQF and what are its benefits?

The **European Qualifications Framework** (EQF) is a common European reference system which will link different countries’ national qualifications systems and frameworks together. In practice, it will function as a translation device making qualifications more readable. This will help learners and workers wishing to move between countries or change jobs or move between educational institutions at home.

Why does the EQF use learning outcomes?

The EQF uses 8 reference levels based on learning outcomes (defined in terms of knowledge, skills and competences). The EQF shifts the focus from input (lengths of a learning experience, type of institution) to what a person holding a particular qualification actually knows and is able to do. Shifting the focus to learning outcomes:

- supports a better match between the needs of the labour market (for knowledge, skills and competences) and education and training provision
- facilitates the validation of non-formal and informal learning
- facilitates the transfer and use of qualifications across different countries and education and training systems.

It also recognizes that Europe’s education systems are so diverse that comparisons based on inputs, say length of study, are impracticable.

What does level 2 mean at EQF?

Level of the EQF	Knowledge In the context of EQF, knowledge is described as theoretical and/or factual.	Skills In the context of EQF, skills are described as cognitive (involving the use of logical, intuitive and creative thinking) and practical (involving manual dexterity and the use of methods, materials, tools and instruments).	Competences In the context of EQF, competence is described in terms of responsibility and autonomy.
The learning outcomes relevant to Level 2 are	Basic factual knowledge of a field of work or study	Basic cognitive and practical skills required to use relevant information in order to carry out tasks and to solve routine problems using simple rules and tools	Work or study under supervision with some autonomy



What does level 2 mean at Fitness QF?

EQF Level	Occupation	EHFA Standards	Target Audience
Level 2	Fitness Assistant	EHFA Level 2 <ul style="list-style-type: none"> • Core knowledge of how the body works • Core knowledge on how to adopt an active healthy lifestyle • Core knowledge of how to ensure a safe, clean and friendly environment 	General Population (age group 14+ years)

EQF Level 2

Skills and Underpinning Knowledge for Fitness Assistant, part of the EHFA Learning Outcomes Framework

Occupational Title

Fitness Assistant

Occupational Purpose

The purpose of a Fitness Assistant is to promote health and fitness participation of new and existing members. Also, to provide a friendly and informative fitness environment, actively assisting other workers and members.

Occupational Description

A fitness assistant works to provide a clean, safe and friendly environment that promotes regular member attendance and satisfaction. They are a source of information and encouragement for all members and actively assist fitness instructors wherever possible.

Occupational Roles

A fitness assistant should be able to:

1. Provide safe, clean and friendly fitness environment;
2. Promote fitness exercise as a part of an healthy lifestyle and be a positive example of it;
3. Support fitness and health-related motives and goals for individuals;
4. Provide information about the role of physical activity, modes of exercise and related services;



5. Observe clients/members at all times and inform them where necessary about health and safety requirements and emergency procedures in the fitness environment;
6. Positively interact and motivate clients/members to participate in regular physical activity;
7. Promote healthy activities for daily living to clients/members (lifestyle management);
8. Promote customer referral: invite customers to bring friend and family along and promote their fitness activities in their social environment;
9. Work within the parameters given at Level 2, recognizing the standards and professional limitations that this provides, referring to appropriate members of staff for guidance and support.

EHFA Level 2 Fitness Assistant Knowledge Areas

LEVEL 2 CORE KNOWLEDGE

How the body
Works

How to adopt an
active healthy
lifestyle

How to ensure a
safe, clean and
friendly
environment

Core Fitness Knowledge

Section Overview

- Knowledge and understanding of how the body works
- Knowledge and understanding of how to adopt an active, healthy lifestyle
- Knowledge and understanding of how to ensure a safe, clean and friendly environment

Section Headings

1 How the body works

- 1.1 The skeletal system
- 1.2 The muscular system
- 1.3 The cardiorespiratory system
- 1.4 The energy system and nutrition

2 How to adopt an active, healthy lifestyle

- 2.1 Principles of active healthy living
- 2.2 Components of an active healthy lifestyle
- 2.3 Incorporating physical activity in daily life
- 2.4 Components of an activity session
- 2.5 Recording physical activity in a personal activity log (PAL)
- 2.6 Healthy living and active lifestyle motivational techniques

3 How to ensure a safe, clean and friendly environment

- 3.1 Health and safety principles in physical activity
- 3.2 Health and safety requirements and emergency procedures in the fitness environment
- 3.3 Customer service

Content Summary and Learning Outcomes:

1 How the body works

1.1 The skeletal system

Learners should demonstrate knowledge and understanding of:

- The major bones in the human body
- The functions of the skeleton
- The structures of the skeleton

1.2 The muscular system

Learners should demonstrate knowledge and understanding of:

- The location of the main skeletal muscles
- The functions of the muscular system
- The structures of the muscular system

1.3 The cardiorespiratory system

Learners should demonstrate knowledge and understanding of:

- The main function of the lungs
- The structure of the lungs
- The main function of the heart
- The structure of the heart

1.4 The energy system and nutrition

Learners should demonstrate knowledge and understanding of:

- The benefits of balance between nutrition and activity
- The different nutrient groups
- The daily intake of nutrients required for the body
- The types of fuels used to provide energy for activity

2 How to adopt an active, healthy lifestyle

2.1 Principles of active healthy living

Learners should demonstrate knowledge and understanding of:

- Types of activities and exercises that help to maintain physical health and fitness
- Benefits of leading an active healthy lifestyle
- Conditions affecting health
 1. Inactive lifestyles

2. Poor nutrition
3. Other factors affecting health

- Risk factors for coronary heart disease
- Risk factors for obesity

2.2 Components of an active healthy lifestyle

Learners should demonstrate knowledge and understanding of:

- The five components of physical fitness (cardiovascular fitness, muscular strength, muscular endurance, flexibility and motor skills)
- **EU** Guidelines (2008) for physical activity

2.3 Incorporating physical activity in daily life

Learners should demonstrate knowledge and understanding of:

- Different types of activities that can be incorporated into daily life

2.4 Components of an activity session

Learners should demonstrate knowledge and understanding of:

- The purpose and basic structure of a:
 1. Warm up
 2. Main session
 3. Cool down
- Methods of monitoring intensity

3 How to ensure a safe, clean and friendly environment

3.1 Health and safety principles in physical activity

Learners should demonstrate knowledge and understanding of:

- Health and safety principles when preparing to take part in physical activity
- Choosing safe and effective physical activity
- The purpose of a PAR-Q screening form

3.2 Health and safety requirements and emergency procedures in the fitness environment

Learners should demonstrate knowledge and understanding of:

- The national legal responsibilities and accountability of the fitness assistant
- National and local working environment requirements/procedures in relation to risk assessment and dealing with emergencies in order to protect themselves, their colleagues and clients

3.3 Customer service

Learners should demonstrate knowledge and understanding of:

- The definition of the exercise customer



- The basic principles of customer service e.g. welcoming, greeting, service-oriented behaviour
- The skills of effective customer care e.g. communication, motivating others, body language
- The EHFA and EREPS code of ethical of practice (see www.ereps.eu for more information)



EHFA L2 STANDARDS & COMPETENCIES FRAMEWORK

This document describes the EHFA Competence Framework and contains the essential Competences, associated to Skills and Knowledge written as Learning Outcomes, based on occupational purposes, required to work as a Fitness Assistant in the European Health and Fitness Industry at the EQF-Fitness Level 2. These Competence Framework, the Standards and the Education associated are purpose and outcome driven, aligned with the industry main goal to get 'more people, more active, more often'.

The Units in the document are broken down in to competencies, skills and range. This document should be read in conjunction with the **EHFA European Level 2 Knowledge Requirements** which describe the knowledge which underpin the skills of the Fitness Assistant.

Content:

Core Fitness Knowledge

WORKPLACE COMPETENCY Learners should be able to demonstrate the following competencies	SKILLS Learners should be able to demonstrate the following skills	RANGE Learners should be able to cover the following range	UNDERPINNING KNOWLEDGE Learners should demonstrate knowledge and understanding of:
Provide safe, clean and friendly fitness environment	a. Demonstrate a duty of care to participants	<ul style="list-style-type: none"> Participant safety Legal responsibilities Compliance with National Health and Safety policies Ethics and professional conduct 	3.1 Health and safety principles in physical activity 3.2 Health and safety requirements and emergency procedures in a fitness environment 3.3 Customer service
	b. Assist in the implementation of risk management procedures required to minimise risk within a fitness setting	<ul style="list-style-type: none"> Systems for identifying possible risks Systems for reporting possible risks Health and safety requirements Industry and National Guidelines for normal operating procedures Systems for informing participants of facility rules, correct use of services and equipment 	3.1 Health and safety principles in physical activity 3.2 Health and safety requirements and emergency procedures in a fitness environment
	c. Follow appropriate emergency procedures efficiently	<ul style="list-style-type: none"> Emergency Action plan 	3.2 Health and safety requirements and emergency procedures in a fitness environment
	d . Assist in the implementation of maintenance and cleaning procedures required to ensure a clean and healthy environment	<ul style="list-style-type: none"> Health and safety requirements Maintenance requirements 	3.2 Health and safety requirements and emergency procedures in a fitness environment

WORKPLACE COMPETENCY Learners should be able to demonstrate the following competencies	SKILLS Learners should be able to demonstrate the following skills	RANGE Learners should be able to cover the following range	UNDERPINNING KNOWLEDGE Learners should demonstrate knowledge and understanding of:
Promote fitness exercise as part of a healthy lifestyle and be a positive example	a. Inform participants on the components of a healthy lifestyle	<ul style="list-style-type: none"> • Nutrition • Smoking • Alcohol • Physical activity • Stress and relaxation 	2.1 Principles of active healthy living
	b. Be a positive example	<ul style="list-style-type: none"> • Lifestyle • Appearance • Communication 	2.1 Principles of active healthy living 2.2 Components of an active healthy lifestyle 3.3 Customer service
Support participants fitness and health-related motives and goals	Support participants in achieving their fitness and health-related goal	<ul style="list-style-type: none"> • Communication • Motivating others • Body language 	3.3 Customer Service
Provide information about the role of physical activity	Provide participants with accurate information about recommended amount of physical activity required to achieve health benefits	<ul style="list-style-type: none"> • Types of activities and exercises • EU Guidelines (2008) for physical activity 	2.1 Principles of active healthy living 2.2 Components of an active healthy lifestyle
Observe clients/members at all times and inform them where necessary about health and safety requirements and emergency procedures in the fitness environment	Observe and monitor participants during the activity sessions	<ul style="list-style-type: none"> • General observation • Health and safety • Emergency procedures • 	2.2 Components of an active healthy lifestyle 2.4 Components of an activity session 3.1 Health and safety principles in physical activity 3.2 Health and safety requirements and emergency procedures in a

			fitness environment
WORKPLACE COMPETENCY Learners should be able to demonstrate the following competencies	SKILLS Learners should be able to demonstrate the following skills	RANGE Learners should be able to cover the following range	UNDERPINNING KNOWLEDGE Learners should demonstrate knowledge and understanding of:
Positively interact and motivate participants	a. Positively interact with participants	<ul style="list-style-type: none"> • communication • appearance • promotion of benefits of physical activity 	2.1 Principles of active healthy living 2.2 Components of an active healthy lifestyle 3.3 Customer service
	b. Recognise factors that encourage participants to take part in physical activities	<ul style="list-style-type: none"> • Fitness • Health status • Personal • Social 	2.1 Principles of active healthy living 2.2 Components of an active healthy lifestyle 3.3 Customer Service
	c. Motivate participants to take part in physical activity on a regular basis	<ul style="list-style-type: none"> • Communication • Motivating others • Body language 	3.3 Customer Service
Promote healthy activities for daily living to participants	Provide participants with information on activities that can be incorporated in to daily life	<ul style="list-style-type: none"> • Activities • Environments 	2.3 Incorporating physical activity in daily life
Promote participant referrals	a. Encourage participants to invite friends and family to take part in physical activity	<ul style="list-style-type: none"> • Promotion of benefits of physical activity in a social group 	3.3 Customer Service
	b. Promote physical activities in a social environment	<ul style="list-style-type: none"> • Promotion of benefits of physical activity in a social group 	3.3 Customer Service
Work within the parameters given at Level 2, recognising the standards and professional limitations that this	Work within the professional standards set for Level 2 and refer to other staff where appropriate	<ul style="list-style-type: none"> • Health and safety • Ethics and professional practice • Types of activity and exercises 	3.1 Health and safety principles in physical activity 3.2 Health and safety requirements and



provides, referring to appropriate members of staff for guidance and support			emergency procedures in a fitness environment 3.3 Customer service
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