

SETTING THE STANDARDS  
FOR THE EUROPEAN  
HEALTH AND FITNESS SECTOR

# EuropeActive Standards EQF Level 2 Fitness Assistant



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## I. Executive Summary

This document supports the **EUROPEACTIVE** 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.

Finally, it is to be noted that a relevant group of technical experts across Europe representing the different stakeholders of our sector volunteered to assist with the review and expansion of the **EUROPEACTIVE** Standards.

These standards were fully adopted within the process of external consultation and afterwards approved by the Professional Standards Committee.

## **II. Technical Expert Group Members & External Consultation Experts**

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

- Prof. Alfonso Jimenez, PhD, CSCS, NSCA-CPT

### **Technical Expert Group (2012):**

- Julian Berriman (Premier Global, UK) - TEG Leader
- Bjorn Vergers (The Netherlands)
- Prof. Rita Santos Rocha (ESDRM, Portugal)
- Sebastian Hureau (FitnessFirst, France)
- Dorota Opoka (University School of Physical Education, Wroclaw, Poland)

Julian Berriman MA  
Director  
EuropeActive's Professional Standards Committee  
Brussels, 20<sup>th</sup> June 2017

### III. EuropeActive Skills and Underpinning Knowledge for Fitness Assistants (EQF Level 2) as part of the EuropeActive Learning Outcomes Framework

#### Specific Prerequisites

This chapter supports the **EuropeActive** Competence Framework and contains the essential skills and knowledge written as learning outcomes, based on job purposes, required to work as a **Fitness Assistant** in the European health and fitness industry at the EQF-Fitness Level 2. All exercise professionals will require both basic core knowledge and specific knowledge related to the context in which they work and there are no specific prerequisites before starting the EQF 2 qualification.

**Fitness Assistants** are **not** endorsed to:

- Deliver group exercise or personal training sessions;
- Prescribe rehabilitation programmes;
- Provide exercise testing and prescription for at-risk population / general population;
- Prescribe any kind of medication or supplements;
- Prescribe nutritional programmes;
- Diagnose any psychological disorders or mental health conditions;
- Provide any kind of psychological counselling;
- Diagnose diseases, disabilities or other clinical conditions;

#### Introductory Information

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

### Occupational Title

Fitness Assistant

### Job 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.

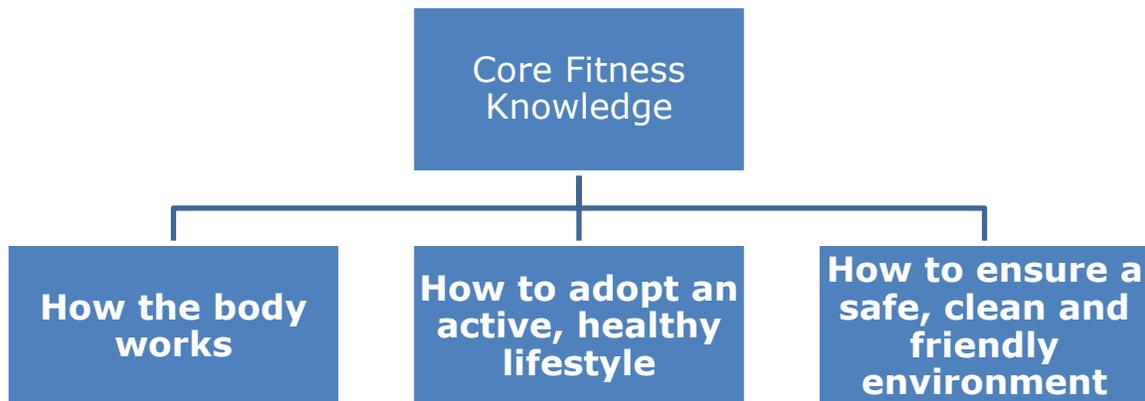
### **Core Knowledge Areas and Skills Requirements**

The educational standards for the Fitness Assistant EQF Level 2 include the following core knowledge areas:

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#### **Level 2 Core Knowledge Areas**

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The core knowledge and skill requirements are divided into the following sections:

## **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](http://www.ereps.eu) for more information)

## IV. EuropeActive Fitness Assistant - EQF L2 - Standards & Competencies Framework

This document describes the EuropeActive Competence Framework and contains the essential competences, associated with 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 and Standards are purpose and outcome driven, aligned with the industry main goal to get 'more people, more active, more often'.

### Core Fitness Knowledge

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

		participants of facility rules, correct use of services and equipment	
	c. Follow appropriate emergency procedures efficiently	<ul style="list-style-type: none"> <li>Emergency Action plan</li> </ul>	<b>3.2 Health and safety requirements and emergency procedures in a fitness environment</b>
	d . Assist in the implementation of maintenance and cleaning procedures required to ensure a clean and healthy environment	<ul style="list-style-type: none"> <li>Health and safety requirements</li> <li>Maintenance requirements</li> </ul>	<b>3.2 Health and safety requirements and emergency procedures in a fitness environment</b>
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"> <li>Nutrition</li> <li>Smoking</li> <li>Alcohol</li> <li>Physical activity</li> <li>Stress and relaxation</li> </ul>	<b>2.1 Principles of active healthy living</b>
	b. Be a positive example	<ul style="list-style-type: none"> <li>Lifestyle</li> <li>Appearance</li> <li>Communication</li> </ul>	<b>2.1 Principles of active healthy living</b> <b>2.2 Components of an active healthy lifestyle</b> <b>3.3 Customer service</b>
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"> <li>Communication</li> <li>Motivating others</li> <li>Body language</li> </ul>	<b>3.3 Customer Service</b>
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"> <li>Types of activities and exercises</li> <li>EU Guidelines (2008) for physical activity</li> </ul>	<b>2.1 Principles of active healthy living</b> <b>2.2 Components of an active healthy lifestyle</b>
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"> <li>General observation</li> <li>Health and safety</li> <li>Emergency procedures</li> </ul>	<b>2.2 Components of an active healthy lifestyle</b> <b>2.4 Components of an activity session</b> <b>3.1 Health and safety principles in physical</b>

			<b>activity</b> <b>3.2 Health and safety requirements and emergency procedures in a fitness environment</b>
Positively interact and motivate participants	a. Positively interact with participants	<ul style="list-style-type: none"> <li>• communication</li> <li>• appearance</li> <li>• promotion of benefits of physical activity</li> </ul>	<b>2.1 Principles of active healthy living</b> <b>2.2 Components of an active healthy lifestyle</b> <b>3.3 Customer service</b>
	b. Recognise factors that encourage participants to take part in physical activities	<ul style="list-style-type: none"> <li>• Fitness</li> <li>• Health status</li> <li>• Personal</li> <li>• Social</li> </ul>	<b>2.1 Principles of active healthy living</b> <b>2.2 Components of an active healthy lifestyle</b> <b>3.3 Customer Service</b>
	c. Motivate participants to take part in physical activity on a regular basis	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Motivating others</li> <li>• Body language</li> </ul>	<b>3.3 Customer Service</b>
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"> <li>• Activities</li> <li>• Environments</li> </ul>	<b>2.3 Incorporating physical activity in daily life</b>
Promote participant referrals	a. Encourage participants to invite friends and family to take part in physical activity	<ul style="list-style-type: none"> <li>• Promotion of benefits of physical activity in a social group</li> </ul>	<b>3.3 Customer Service</b>
	b. Promote physical activities in a social environment	<ul style="list-style-type: none"> <li>• Promotion of benefits of physical activity in a social group</li> </ul>	<b>3.3 Customer Service</b>
Work within the parameters given at Level 2, recognising the standards and professional limitations that this provides, referring to appropriate members of staff for guidance and support	Work within the professional standards set for Level 2 and refer to other staff where appropriate	<ul style="list-style-type: none"> <li>• Health and safety</li> <li>• Ethics and professional practice</li> <li>• Types of activity and exercises</li> </ul>	<b>3.1 Health and safety principles in physical activity</b> <b>3.2 Health and safety requirements and emergency procedures in a fitness environment</b> <b>3.3 Customer service</b>