

## EuropeActive Standards Summary Document Advanced Exercise for Health Specialist (EQF Level 6)

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### Advanced Exercise for Health Specialist (EQF Level 6)

#### Definition

An Advanced Health & Exercise Specialist has a role, which includes, designing, implementing, conducting/instructing, evaluating and supervising exercise/physical activity programmes for the general population and for special populations, including special phases of life and clinical populations of low to medium risk levels, by collecting and analysing client information to ensure the effectiveness and safety of personal and group exercise programmes. The Advanced Health & Exercise Specialist also supervises other fitness professionals and participates in the implementation of exercise/physical activity promotion activities and programmes, as well as in the managing activities of the club, in order to assure and provide the quality of the service to members or customers.

#### Scope

The occupation of Advanced Exercise for Health Specialist is informally referenced to the European Qualification Framework level 6.

#### Level of entry on to EREPS

Level 6

#### Requirements profile

##### *Qualification Requirement*

An undergraduate degree with, at least, the amount of credits listed in the degree contents requirement, for each of the contents considered as essential and specific to fulfil the occupational roles described for this professional. Note that the undergraduate degree may be specifically in Exercise Sciences, but also in Sport Sciences, Physical Education, or have other title, which might not reflect those contents.

##### *Experience Requirement*

Expected to have worked in the health and fitness industry as professional having basic management responsibility and research knowledge with considerable experience (minimum 500 hours) as a personal trainer or exercise specialist. It must have been accomplished in a health and fitness setting or equivalent after graduation.

##### *Degree Content Requirements*

Most bachelor programmes in Europe comprise a total of 180 ECTS (although some countries have 240 ECTS). For this purpose, specific exercise sciences content must comprise of at least 90 credit points based on European Credit Transfer System (ECTS) total within a degree coming from each of the following academic areas:

- Musculoskeletal Anatomy (minimum 4 credits)
- Human Physiology (minimum 3 credits)
- Exercise Physiology (minimum 3 credits)
- Fundamental Biomechanics / Motor Control (minimum 2 credits)
- Applied Biomechanics (minimum 2 credits)
- Nutrition (minimum 2 credits)
- Exercise Testing and Prescription for the General Population (minimum 4 credits)

- Exercise Testing and Prescription for the Special Populations (minimum 4 credits)
- Fitness and Sports Conditioning (minimum 20 credits)
- Sport/Exercise Psychology (minimum 4 credits)
- Sport/Exercise Pedagogy (minimum 4 credits)
- Physical Activity and Health Promotion (minimum 4 credits)
- Exercise Science Research Methods and Analysis (minimum 4 credits)
- Optional contents with high relevance in a fitness or exercise setting (e.g. Management, Marketing/Sales, Leadership, Communication, Presentation, Fitness Practicum, etc.) (minimum 30 credits)

#### Essential skills

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| <b>Understand evidence-based, interpersonal practice</b>             | Assume responsibility for building interdisciplinary relationships and the evidence-based work habits of others. Be able to utilise knowledge to permanently reflect and adapt working procedures as well as monitor interdisciplinary networks. |
| <b>Apply knowledge about anatomy, physiology and biomechanics</b>    | Assume responsibility for the correct use and transfer of anatomical, physiological and biomechanical knowledge  |
| <b>Ensure motivation and adherence to physical activity</b>          | Be able to observe and assess client supervision with regard to motivation and adherence   |
| <b>Manage exercise testing and prescription</b>                      | Independently and responsibly manage the system for exercise prescription and testing  |
| <b>Manage exercise for special populations programmes</b>            | Be able to independently interpret data about special populations and implement actions. Be able to draw on knowledge of the relevant field to identify and define obvious problems and challenges for an exercise setting                       |
| <b>Lead physical activity and health promotion</b>                   | Take responsibility for effective and health-related client service, and demonstrate commitment  |
| <b>Implement research-based programme development and evaluation</b> | Be able to develop research-based exercise programmes and to address relevant issues as well as lead others in this regard   |
| <b>Oversee management activities</b>                                 | Be able to oversee management processes and to intervene appropriately   |