

EuropeActive’s profile and requirements for recognition of Pre-designed Programme Group Instructors

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Executive summary

In recent years pre-designed programme group instruction has become increasingly popular. In order to recognise the important role that instructors in this area have in delivering successful group exercise classes EuropeActive has developed a new category for recognition of these instructors by the European Register of Exercise Professionals (EREPS).

The **European Register of Exercise Professionals** already provides an established pan-European process for the registering of instructors, trainers and teachers working in the European health, fitness and physical activity sector. It is appropriate that it should also recognise the individual achievement of pre-designed programme group instructors. EuropeActive's **Professional Standards Committee, in consultation with many industry stakeholders** has led the work to establish this new category of registration.

Through the existing EuropeActive accreditation programme the training providers/operators who deliver pre-designed programme training will be assessed against a set of criteria. The criteria will cover course content, learning outcomes for individual instructors and quality management systems used. Consideration will also be given to the on-going assessment of the instructors to ensure they are keeping their knowledge and skills up to date and are therefore, safe and effective in their practice.

This **proposal** identifies the profile and requirements of a pre-designed programme group instructor, after consultation and expert advice from EuropeActive's Professional Standards Committee, its technical experts, training providers/operators of pre-designed programmes, and from employers.

The new "Profile and Requirements of a Pre-designed Programme Group Instructor" and the learning/teaching programmes are aligned with the main goal of the sector to get: 'More People, More Active, More Often'.

The "Profile and Requirements of a Pre-designed Programme Group Instructor" is organised in three chapters:

- Chapter 1: Introductory statement about the importance of developing EuropeActive's "Profile and Requirements of a Pre-designed Programme Group Instructor";
- Chapter 2: The essential profile and occupational descriptor of a Pre-designed Programme Group Instructor;
- Chapter 3: The requirements to be recognised as a Pre-designed Programme Group Instructor by EREPS.

I - Introductory statement about the importance of developing EuropeActive's "Profile and Requirements of a Pre-designed Programme Group Instructor"

During the past 10 years there has been a significant growth in the popularity of pre-designed group fitness programmes amongst consumers, operators and instructors. While level 3 group fitness instructors have the knowledge to individually design programming for their group fitness classes, pre-designed group fitness programmes are designed by operators. These operators (i.e., Les Mills®, Zumba®, and Piloxing®) provide very specific guidelines, templates, training regimes, music and environmental considerations for these instructors to use to deliver effective and quality-assured group classes.

Pre-designed programme group instructors have a fundamental understanding of the expected outcomes of the various programmes that they are allowed or sometimes licensed to deliver - programmes that have been developed by the different companies and operators who provide the brand names and resources. These instructors are playing an important role in the growth of the health and fitness industry.

Pre-designed programme group fitness instructors have not previously been able to be recognised by EREPS. To address this omission EuropeActive have created a procedure to recognise and improve the visibility of these group instructors - it is called the "Profile and Requirements for the Pre-designed Programmes Group Instructor".

The "Profile and Requirements for the Pre-designed Programmes Group Instructor" recognises that instructors have received training from accredited training providers/operators that have planned safe and effective group exercise classes targeting healthy participants in accordance with the vision of getting more people, more active, more often. These pre-designed programmes provide the explicit knowledge and technical skills to apply them in group classes.

To be registered on EREPS as a "Pre-designed Programmes Group Instructor", the individual instructor must have completed and maintained their certification/licence with an accredited operator.

The Professional Standards Committee believes that these practising group exercise instructors should be recognised by EREPS. This recognition will give greater visibility to the instructors in the European labour market, while allowing them to develop their careers by progressing to other levels of training and competency.

II - The essential profile and occupational descriptor of a Pre-designed Programme Group Instructor

Profile of a Pre-designed Programme Group Instructor

Through the instruction of fun and effective pre-designed group exercise classes, Pre-designed Programme Group Instructors aim to motivate healthy people to enjoy movement and, a more active and healthy lifestyle.

Occupational descriptor of a Pre-designed Programme Group Instructor

The occupational role of a Pre-designed Programme Group Instructor is to deliver group fitness classes for healthy participants based on pre-designed guidelines and templates provided by the programme's educational provider. Class instructions should follow the educational providers' recommendations, including cuing, choreography, form and basic modifications for exercises when appropriate.

A Pre-designed Programme Group Instructor should be able to:

- Provide information about the general characteristics of a specific pre-designed programme;
- Follow guidelines and templates to deliver safe and effective group exercise;
- Follow guidelines and templates to use equipment or accessories if applicable;
- Provide basic modifications to clients when appropriate and adapt exercise to clients' abilities;
- Positively communicate, interact and motivate clients to exercise.

III - The requirements for recognition as a Pre-designed Programme Group Instructor by EREPS

The requirements of how a Pre-designed Programme Group Instructor teaches

The requirements of how a Pre-designed Programme Group Instructor teaches, written as the knowledge or competency, essential skills and range of application (responsibility of the instructor) are described as follows.

Knowledge / Competencies	Skills	Range of application
Programme specific fundamentals, i.e., template and guidelines, choreography (when applicable)	Ability to learn and follow pre-designed classes	Instruction of pre-designed group fitness classes
Programme specific cuing and delivery methods	Ability to understand and apply programme specific cuing techniques and delivery methods	Instruction of pre-designed group fitness classes
Programme specific use of equipment / accessories when applicable	Ability to utilize programme specific equipment or accessories	Instruction of pre-designed group fitness classes
Programme specific session organisation (warm up, cool down, activity type and intensity)	Ability to understand and apply programme specific parts of the sessions	Instruction of pre-designed group fitness classes
Programme specific modifications	Ability to utilize and follow recommended programme specific modifications according to clients' abilities and levels of practice	Instruction of pre-designed group fitness classes
Proper communication with clients	Ability to instruct and motivate people to follow instructions and engage in a specific programme	Personal communication skills and motivational strategies to be used with healthy participants

The requirements for the recognition of a Pre-designed Programme Group Instructor by EREPS

Candidates must be **18 years** of age and over to be registered in EREPS with the status of "Pre-designed Programmes Group Instructor".

The candidates must successfully **complete** a pre-designed programme through a EuropeActive accredited operator/company.

At the time of registration and re-registration with EREPS as a "Pre-designed Programme Group Instructor", candidates must upload the training provider specific **certificate** stating that they meet the abovementioned profile and fulfil the requirement regarding a specific registered group exercise programme. Note that an official certificate from the training provider is compulsory.

Deadlines for each stage:

- *Consultation among PSC members: June 2016*
- *Development of the first proposal – chapters 1-3 (TEG): 13th July – 22nd August*
- *Extensive consultation with stakeholders: 22nd August – 22nd September*
- *Adjustments of the first proposal (TEG): 22nd – 30th September*
- *Second consultation among PSC members: 1-9th October*
- *Development of final proposal to ISM: 10-19th October*