

1. TITLE OF THE CERTIFICATE (ES)

**Certificado de Profesionalidad de nivel 3 en
AFDA0110 ACONDICIONAMIENTO FÍSICO EN GRUPO CON SOPORTE MUSICAL**

2. TRANSLATED TITLE OF THE CERTIFICATE (EN)

**Professional Certificate Level 3 in
AFDA0110 GROUP PHYSICAL FITNESS WITH MUSICAL SUPPORT
(This translation has no legal status)**

3. PROFILE OF SKILLS AND COMPETENCES

The holder of this certificate will have acquired the **general competence** to program, direct and instruct activities to improve people's physical condition with the elements, movements, exercises and choreographic techniques of aerobics, varieties of aerobics and similar activities; initially and then regularly checking the physical, biological and motivational condition of the users, applying criteria of quality in both the process and the results of the service, always from the standpoint of observing and promoting health and well-being. This general competence is divided into the following **skills units** (UC):

- Determine the physical, biological and motivational condition of participants (UC0273_3).
- Design and execute choreographies using elements of aerobics, its varieties and similar activities (UC0515_3).
- Program and direct physical fitness activities in a group with musical support (UC0516_3).
- Be a first responder in case of an accident or emergency situation (UC0272_2).

The professional skills are acquired through the **learning outcomes** defined within the related Training Modules (MF):

- Assessment of physical capacities (MF0273_3).
- Choreographies (MF0515_3).
- Methodology and practice of group physical fitness with musical support (MF0516_3).
- First aid (MF0272_2).
- Practical training at the workplace in physical fitness exercises with musical support (MP0366)

(See legal basis for all learning outcomes information acquired by the holder of this Certificate in each MF).

As a reference the learning outcomes include in the Practical training at the workplace that complete and reinforce the learning outcomes acquired in the other training modules, are:

- Analyse, monitor and apply the battery of tests, trials and questionnaires used by the company to determine the physical, biological and motivational condition of the clients/participants.
- Analyse and record the results obtained in a battery of tests, trials and questionnaires to determine the physical, biological and motivational condition of the clients/participants and prepare a corresponding report to be used in the subsequent preparation of the programme of personalised training for the participants who are the object of this initial assessment.
- Support and collaborate on the design of the specific programming of an area or department of group fitness exercises with musical support linked to the centre's general programming.
- Interpret and reproduce in practice the different choreographies that are recorded in an audiovisual or written format, making clear their chorographical and musical structure.
- Support and collaborate on the design of choreographies and choreographic progressions used in group fitness exercises with musical support.
- Collaborate on and, where appropriate, prepare programmes of physical fitness exercises to be used with the activities specific to group fitness exercises with musical support, reflecting the methodology to be used, progress made in the different phases of development and the regularity with which they are to be evaluated.
- Direct and lead group fitness activities with musical support.
- Propose habits, practices and measures that complement specific training programmes, prioritising their direct effect on health and quality of life.
- Evaluate the processes of general and specific programming of group fitness activities with musical support.
- Analyse and propose alternative and/or complementary actions, within the centre's overall plan, for programming and organising events, competitions and contests, breaking down those details that must be planned to ensure the success of the programmed event, as well as those that take place during the process and its subsequent evaluation.

3. PROFILE OF SKILLS AND COMPETENCES

- Identify the first aid required in situations of the most frequent injuries or pathologies and collaborate on the application of first aid in accordance with established protocols.
- Take part in the company's working processes, following the rules and instructions established at the workplace.

4. RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THIS CERTIFICATE

The holder of this certificate may work in the public or private sector in the following areas: Sports; Leisure and free time; and Hospitality and tourism. The most pertinent occupations and positions are:

- Trainer of physical fitness exercises for groups with musical support in gymnasiums or sports centres.
- Aerobics monitor.
- "Step" monitor.
- "Indoor cycle" monitor.
- Monitor of any activities derived from or similar to the above.
- Fitness activity leader.
- Monitor of the above activities for special groups.
- Coordinator of fitness activities.

The related occupations have specific requirements established in the national and regional regulations.

5. OFFICIAL BASIS OF THE CERTIFICATE

Name and status of the national/regional authority providing accreditation/recognition of the certificate

The Ministry of Employment and Social Security or the corresponding autonomous regional administration within the scope of its competence, in the name of the King. The certificate is valid throughout Spain.

Level of the certificate

The Professional Certificate Level 3 of the National Repertoire of Professional Certificates corresponds to level 4 of the International Standard Classification of Education (ISCED-P 2011).

The European Qualification Framework (EQF) level:

Grading scale/Pass requirements

The grading scale and pass level of the training modules are expressed on a scale of 0 to 10. The minimum score for a pass is 5 in every training module including a pass in the practical training at the workplace module.

The grading system is as follows:

- FAIL: 0 to 4.9
- PASS-SATISFACTORY: 5 to 6.9
- PASS-GOOD: 7 to 8.9
- PASS-EXCELLENT: 9 to 10

Access to next level of education/training

This Professional Certificate Level 3 gives access to Professional Certificate Level 3 within the same professional area and family.

For validation purposes, the educational authorities will recognise the professional module or modules of the VET diplomas corresponding to the skills units included in the training modules of this certificate.

Legal basis

Royal Decree 1518/2011 of 31 October, establishing three professional certificates in the professional family Physical and Sports Activities, which are included in the National Repertoire of Professional Certificates. (Appendix I, Code: AFDA0110)

6. OFFICIALLY RECOGNISED WAYS OF ACQUIRING THE CERTIFICATE

This certificate may be acquired by:

1. Training: Completion with a pass grade of the face-to-face or online training programme.
2. Recognition of the professional skills acquired through professional experience or non-formal training (prior learning): Completion of a process of skills evaluation and accreditation in all the skills units making up the professional certificate.
3. Dual training: Completion of a training and apprenticeship contract, which may range from 1 year (or 6 months, if stipulated as such in the collective agreement) to 3 years, during which effective working time is combined with time dedicated to training under the training programme for the professional certificate.

The training method (number 1 above) requires successful completion of the training modules and the practical training at the workplace:

Description of vocational training received	Percentage of total programme (%)	Duration (hours)
Training modules	80	470
Practical training at the workplace	20	120
Total duration of training leading to the certificate		590

Entry/access requirements:

- *Bachiller* Diploma (upper secondary education); or
- Professional Certificate Level 2 in the same professional area.
- If neither of the above or higher certifications are held, a pass in the key skills tests.

Additional information: Professional certificates are instruments for official accreditation of the professional qualifications in the National Catalogue of Professional Qualifications for all economic activities, within the scope of the labour administration. The National Repertoire of Professional Certificates is divided into three qualification levels (Level 1, Level 2 and Level 3), and by sectors into 26 professional families and 102 professional areas. More information is available at: www.sepe.es

National Europass Centre: www.oapee.es

(*) **Explanatory note:** This document is designed to provide additional information about the specified certificate, but has no legal status in itself. The format of the description is based on the following texts: Council Resolution 93/C 49/01 of 3 December 1992 on the transparency of qualifications; Council Resolution 96/C 224/04 of 15 July 1996 on the transparency of vocational training certificates; and Recommendation 2001/613/EC of the European Parliament and of the Council of 10 July 2001 on mobility within the Community for students, persons undergoing training, volunteers, teachers and trainers.

More information is available at: <http://europass.cedefop.eu.int>

Information on Professional Certificates of the Map of Qualifications and Vocational Training in Spain

