

## 1. TITLE OF THE CERTIFICATE (ES)

**Certificado de Profesionalidad de nivel 3 en  
AFDA0111 FITNESS ACUÁTICO E HIDROCINESIA**

## 2. TRANSLATED TITLE OF THE CERTIFICATE (EN)

**Professional Certificate Level 3 in  
AFDA0111 AQUATIC FITNESS AND WATER EXERCISE  
(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 aimed at improving physical condition and body care, with the elements appropriate to aquatic fitness and water exercise, for the bodily recovery, care and improvement, and that can be applied in the aquatic environment, adapting the activities to the characteristics of the participants, applying criteria of quality and always 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 aquatic fitness skills and sequences (UC1633\_3).
- Program, direct and lead aquatic fitness activities (UC1664\_3).
- Prepare and apply water exercise protocols (UC1665\_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).
- Skills and aquatic fitness sequences (MF1663\_3).
- Methodology and practice of aquatic fitness (MF1664\_3).
- Water exercise (MF1665\_3).
- First aid (MF0272\_2).
- Practical training at the workplace in aquatic fitness and water exercise (MP0364)

(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, assist 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 and prepare a corresponding report to be used in the subsequent preparation of the programme for the clients/participants who are the object of this initial assessment.
- Support and collaborate on the design of the specific programme of aquatic fitness and/or water exercise protocols linked to the centre's general programming.
- Support and collaborate on the design of choreographies and choreographic progressions appropriate to aquatic fitness and interpret and reproduce in practice the different choreographies that are recorded in an audiovisual or written format, reflecting their structure.
- Collaborate and, where appropriate, prepare aquatic fitness programmes and water exercise protocols, reflecting the methodology of application, progress made in the phases of development and the frequency with which they will be evaluated.
- Direct and animate aquatic fitness activities and/or water exercise protocols.
- Propose habits, practices and complementary measures to aquatic fitness programmes and/or protocols and specific water exercise, prioritising their direct effect on health and quality of life.
- Evaluate the processes of general and specific programming of aquatic fitness activities and/or water exercise protocols.
- 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

### 3. PROFILE OF SKILLS AND COMPETENCES

and its subsequent evaluation.

- 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 water exercise groups.
- Coordinator of water exercise activities.
- Coordinator of aquatic fitness activities.
- Aquatic fitness instructor.

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 1076/2012 of 13 July, establishing six professional certificates in the professional family Physical and Sports Activities, which are included in the National Repertoire of Professional Certificates. (Appendix II, Code: AFDA0111)

## 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	84	630
Practical training at the workplace	16	120
<b>Total duration of training leading to the certificate</b>		<b>750</b>

### 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](http://www.sepe.es)

National Europass Centre: [www.oapee.es](http://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

