

1. TITLE OF THE CERTIFICATE (ES)

**Certificado de Profesionalidad de nivel 3 en
AFDA0210 ACONDICIONAMIENTO FÍSICO EN SALA DE ENTRENAMIENTO POLIVALENTE**

2. TRANSLATED TITLE OF THE CERTIFICATE (EN)

**Professional Certificate Level 3 in
AFDA0210 PHYSICAL CONDITIONING IN A MULTI-PURPOSE TRAINING ROOM
(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 physical conditioning activities, using the elements of a multi-purpose training room, including muscle toning machines, cardiovascular machines, bars, discs, simple apparatus or implements, carrying out initial and regular decisions as to the physical, biological and motivational condition of users, with the highest possible level of quality in both the process and results, 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).
- Program the activities of a multi-purpose training room, meeting the criteria of promoting the health and well-being of participants (UC0274_3).
- Instruct and direct activities of physical conditioning with equipment and materials used in multi-purpose training rooms (UC0275_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).
 - Specific programming (MF0274_3).
 - Physical conditioning activities (MF0275_3).
 - First aid (MF0272_2).
 - Practical training at the workplace in physical conditioning in a multi-purpose training room (MP0367)
- (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/participants and prepare a corresponding report to be used in the subsequent preparation of the programme of personalised training for the participants that is the object of this initial assessment.
 - Support and collaborate on the design of a programme specific to a multi-purpose training room linked to the general programming of the centre.
 - Collaborate and, where appropriate, prepare tailored physical conditioning programmes, reflecting the methodology of application, progress in the different phases of development and the frequency with which they will be evaluated.
 - Collaborate on the direction, encouragement and organisation of the training session, describing and demonstrating both the exercises and the correct use of materials and equipment, taking into account the type of participant, whether individual or group, and combining this with intervention in ad-hoc or permanent groups, respecting the principle of quality.
 - Analyse the facilities within the centre and apply the maintenance needed for the specific equipment and materials of the multi-purpose training room.
 - Propose habits, practices and measures that complement specific training programmes, prioritising their direct effect on health and quality of life.
 - Evaluate the processes of the general and specific programming of the multi-purpose training room.
 - Analyse and propose alternative and/or complementary actions, within the enterprise's general plan, for

3. PROFILE OF SKILLS AND COMPETENCES

programming and organising events, competitions and contests, breaking down those details that must be planned in advance to ensure the success of the programmed event, as well as those that take place during the process and its subsequent evaluation.

- Identify the first aid required in situations of the most frequent injuries or pathologies and collaborate in its application 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 Hotel and tourism. The most pertinent occupations and positions are:

- Gymnasium apparatus monitor.
- Physical conditioning trainer in multi-purpose training rooms in gymnasiums or sports centres.
- Physical trainer.
- Personal trainer.
- Promoter of physical conditioning activities.
- Leader of physical conditioning activities.
- Coordinator of fitness activities.
- Assistant in the physical training of sportspeople.
- Instructor in the above activities for special groups.

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 II, Code: AFDA0210).

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

