

1. TITLE OF THE CERTIFICATE (ES)

**Certificado de Profesionalidad de nivel 3 en
AFDA0311 INSTRUCCIÓN EN YOGA**

2. TRANSLATED TITLE OF THE CERTIFICATE (EN)

**Professional Certificate Level 3 in
AFDA0311 YOGA INSTRUCTION
(This translation has no legal status)**

3. PROFILE OF SKILLS AND COMPETENCES

The holder of this certificate will have acquired the **general competence** to programme, direct and animate yoga instruction activities according to the guidelines established in the reference programme, using specific techniques and postures, adapted to the needs of all types of participants; with the aim of bodily care and improvement, increase in the perception of well-being and personal fulfilment, in conditions of safety and with the level of service quality that ensures the satisfaction of practitioners. This general competence is divided into the following **skills units** (UC):

- Execute the techniques specific to yoga effectively and safely (UC2038_3).
- Program the activities of the yoga room according to the general reference programme (UC2039_3).
- Specify, direct and animate the yoga instruction sessions in accordance with the characteristics, needs and expectations of participants (UC2040_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):

- Expertise in the techniques specific to yoga (MF2038_3).
- Programming of activities in yoga classes (MF2039_3).
- Methodology of instruction in yoga classes (MF2040_3).
- First aid (MF0272_2).
- Practical training at the workplace in yoga instruction (MP0403)

(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 tests, trials and questionnaires used by the centre or enterprise to determine the participants' physical and biological condition, motivation and interest, skill in executing yoga techniques and level of autonomy.
- Check and, where appropriate, complete the gathering, integration and processing of the different types of information with which the diagnostic analysis is prepared that is used to prepare the basic programme of yoga classes, proposing alternatives where necessary to this diagnostic analysis in the case of any shortcomings detected.
- Assist and collaborate on the programming of yoga activities for different types of participants based on the objectives and methodological strategies established for yoga instruction.
- Collaborate in the teaching and organisation of yoga classes, demonstrating and describing the different techniques involved and the correct use of the support materials established.
- Analyse and assist in the process of assessing the yoga instruction for different types of participants.
- 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; Tourism; Health care and well-being. The most pertinent occupations and positions are:

- Yoga instructor.
- Support assistant in physical conditioning teams.
- Support assistant in personal development teams.

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 IV, Code: AFDA0311)

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	78	430
Practical training at the workplace	22	120
Total duration of training leading to the certificate		550

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

