

## Higher National Unit Specification

### General information for centres

**Unit title:** Working as an Exercise and Fitness Professional in Europe

**Unit code:** DP2K 35

**Unit purpose:** This unit introduces the candidate to the organisations responsible for the training of fitness and exercise professionals within a selected European Union (EU) member state and examines the transferability of home country qualifications to this setting.

On completion of the Unit the candidate should be able to:

1. Identify organisations responsible for the training of fitness and exercise professionals in a selected EU member state.
2. Compare the qualification structure for the education and training of exercise professionals in the selected EU member state with that of the home country.
3. Explain the basic differences in legal, fiscal, employment and health requirements for working within the selected EU member state and the home state.
4. Describe potential difficulties which may be evident in delivering practical based exercise and fitness classes in the EU member state under investigation.

**Credit points and level:** 2.0 HN Credit at SCQF level 8: (16 SCQF credit points at SCQF level 8\*)

*\*SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

**Recommended prior knowledge and skills:** The candidate should possess a working knowledge of the fitness and exercise sector within the home country. It may be beneficial if the candidate has undertaken recent education and training in a practical fitness and exercise discipline at SVQ level 2 or equivalent. As assessment is undertaken by means of an oral presentation and written investigation, good written and presentation skills are required. Ultimately, entry is at the discretion of the centre.

**Core skills:** There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

**Context for delivery:** If this Unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes. This unit is included in the optional framework for the HNC/D Fitness, Health and Exercise.

## **General information for centres (cont)**

**Assessment:** Candidates should demonstrate a clear grasp of the provision for the training of fitness and exercise professionals within a selected EU member state and recognise corresponding provision in the home nation. The unit will be assessed by written and oral assessments. The unit provides the opportunity to integrate assessments. Outcome 1 and 2 will be assessed by means of a written project report of 2500-3000 words where the candidate interprets information concerning the training of fitness professionals and compares this with information from the home nation. Outcome 3 and 4 will be assessed by means of an oral presentation of 5-7 minutes duration supported by handouts and delivered in a media of candidate's choice. An assessor checklist should be provided to record evidence.

A visit abroad to an EU member state to investigate and carry out research first hand would be a tremendous addition to the delivery of not only the unit, but any group award it was attached to.

## **Higher National Unit specification: statement of standards**

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

(If you think holistic assessment is the best assessment strategy for the Unit and you wish to state *Knowledge and/or Skills* and *Evidence requirements* for the Unit as a whole, please add the following statement here: ‘Please refer to *Knowledge and/or skills for the Unit* and *Evidence requirements for the Unit* after the Outcomes.’)

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

### **Outcome 1**

Identify organisations responsible for the training of fitness and exercise professionals in the selected European Union (EU) member state

#### **Knowledge and/or skills**

- ◆ Training opportunities in EU and home country
- ◆ Aims and objectives of organisations involved in training
- ◆ Qualifications structures

#### **Evidence requirements**

Outcome 1 and 2 provide an opportunity to combine assessments. The instrument of assessment will be a written project report.

To achieve this outcome, the candidate will require written evidence to demonstrate his/her understanding of all aspects of knowledge and skills section by showing that s/he can:

- ◆ Interpret information on education and training in a selected EU member state.

#### **Assessment guidelines**

Candidates must provide a written report containing a minimum 2500 maximum 3000 words which follows conventional project writing format. If a combined assessment is to be used for O1 and O2, the minimum words should be in the region of 4000 and the maximum 5000. An assessor checklist should be available to record evidence.

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Working as an Exercise and Fitness Professional in Europe

### **Outcome 2**

Compare the qualification structure for fitness and exercise professionals in the selected EU member state with that of the home county

#### **Knowledge and/or skills**

- ◆ Provision for training in EU and home countries
- ◆ Qualifications structures
- ◆ Career pathways

#### **Evidence requirements**

Outcome 1 and 2 provide an opportunity to combine assessments. The instrument of assessment will be a written project report.

To achieve this outcome, the candidate will require written evidence to demonstrate his/her understanding of all aspects of knowledge and skills section by showing that s/he can:

- ◆ Compare education and training in a selected EU member state with the home state.

#### **Assessment guidelines**

Candidates must provide a written report containing a minimum 2500 maximum 3000 words which follows conventional project writing format. If a combined assessment is to be used for O1 and O2, the minimum words should be in the region of 4000 and the maximum 5000. An assessor checklist should be available to record evidence.

### **Outcome 3**

Explain the basic differences in fiscal, employment and health requirements for working within the selected EU member state and the home state

#### **Knowledge and/or skills**

- ◆ Employment legislation covering both countries
- ◆ Personal taxation issues covering both countries
- ◆ Fiscal issues covering both countries
- ◆ Short and long term healthcare issues covering both countries

#### **Evidence requirements**

Outcome 3 and 4 provide an opportunity to combine assessments. The instrument of assessment will be an oral presentation supported by handouts. To achieve this outcome, the candidate will require oral and written evidence to demonstrate his/her understanding of all aspects of the knowledge and skills section by showing that h/she can:

- ◆ Explain the necessary arrangements required to work and live legally in the selected EU member state.

## **Higher National Unit specification: statement of standards (cont)**

**Unit title:** Working as an Exercise and Fitness Professional in Europe

### **Assessment guidelines**

Outcome 3 and 4 will ideally be assessed by means of an oral presentation of 5-7 minutes duration supported by handouts and delivered in a media of the candidate's choice. The main focus of information for this presentation should be factual and legislation based. An assessor checklist should be available to record evidence.

### **Outcome 4**

Describe potential difficulties which may be evident in delivering practical based exercise and fitness classes in the EU member state under investigation

### **Knowledge and/or skills**

- ◆ Linguistic skills of the exercise and fitness professional
- ◆ Languages taught in EU member education system
- ◆ Cultural/ethical mores

### **Evidence requirements**

Outcome 3 and 4 provide an opportunity to combine assessments. The instrument of assessment will be an oral presentation supported by handouts. To achieve this outcome, the candidate will require oral and written evidence to demonstrate his/her understanding of all aspects of the knowledge and skills section by showing that h/she can:

- Describe potential problems that might be experienced by exercise and fitness professionals when delivering practical sessions in a selected EU member state.

### **Assessment guidelines**

Outcome 3 and 4 will ideally be assessed by means of an oral presentation of 5-7 minutes duration supported by handouts and delivered in a media of the candidate's choice. The main focus of information should be constrained to communication issues which may be posed by any 'language barrier' and cultural difficulties regarding mixed/single gender classes. An assessor checklist should be available to record evidence.

## **Administrative Information**

<b>Unit code:</b>	DP2K 35
<b>Unit title:</b>	Working as an Exercise and Fitness Professional in Europe
<b>Superclass category:</b>	FL
<b>Date of publication:</b>	August 2005
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## **Higher National Unit specification: support notes**

### **Unit title: Working as an Exercise and Fitness Professional in Europe**

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

### **Guidance on the content and context for this Unit**

This Unit is an option on the HND Fitness, Health and Exercise group award and is designed primarily to provide candidates with the knowledge to compare the organisation of the training of fitness and exercise professionals in the home country and a selected EU member state. The Unit also introduces the candidate to the potential difficulties faced by fitness and exercise professionals wishing to work within the European Union. The Unit would benefit from some prior knowledge delivered within the 1<sup>st</sup> Year of the HND as evidenced by HN unit “Plan Teach and Evaluate a Group Exercise with Music” session, or experience of recent training in a fitness and exercise discipline at SVQ level 2. It should therefore be delivered within the structure for 2<sup>nd</sup> Year HND.

As part of Outcome 1 the candidate will need to demonstrate an understanding of organisations responsible for the training exercise and fitness professionals in both the home and selected EU member state. Consideration should be given to the following organisations: National and international training organisations both state or private providers, Sportscotland, UK, National Governing Bodies of Sport (NGBs), Fitness Scotland/England, commercial providers, European Commission, European Fitness Training Association (EFTA).

As part of Outcome 2 the candidate will need to analyse and compare training across the two countries and determine if there are similarities/differences between the two structures. They will need to consider the content of courses, levels, progressions and the assessment criteria for awards and compare these with the selected vocational arrangements in the home country. The validation of their awards in Europe should also be considered.

As part of Outcome 3, the candidate will need to understand the procedures for legal employment abroad. This should include information relating to: the fiscal, personal taxation and health entitlement.

As part of Outcome 4, the candidate will need to demonstrate an awareness of potential communication barriers which language or cultural differences may produce during practical exercises sessions.

### **Guidance on the delivery and assessment of this Unit**

A variety of teaching methods will enhance delivery. Group discussion will allow sharing of information from many diverse cultural and professional experiences. Delivery should encourage individual research and self-study. The use of Information and Communications Technology (ICT) should be encouraged with research through the Internet and use of media such as Power point. An organised visit/exchange with a partner organisation in the selected EU member state would allow for first hand experience and develop both research gathering and linguistic skills.

## **Higher National Unit specification: support notes**

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### **Open learning**

Open learning implies that, while candidates study out with the centres using materials provided, it may be necessary to attend the centre for assessment purposes.

### **Candidates with additional support needs**

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance on Special Assessment Arrangements for Candidates with Additional Support Needs* ([www.sqa.org.uk](http://www.sqa.org.uk)).



## **General information for candidates**

### **Unit title:** Working as an Exercise and Fitness Professional in Europe

This unit is designed primarily to provide you with the knowledge to compare the organisation of the training of fitness and exercise professionals in your country with that of a selected EU member state.

You will gain an understanding of organisations responsible for the training of exercise and fitness professionals in both the home and the selected EU member state. A comparison of education and training across the two countries will then be undertaken to determine if there are similarities/differences between the two structures. You will need to consider the content of courses, levels, progressions and the assessment criteria for the awards and compare these across the chosen vocational spectrum. Consideration should be given to the validity of your own awards in Europe.

The Unit also introduces you to the difficulties faced by fitness and exercise professionals wishing to work within the European Union. Employment, fiscal and health issues are investigated to ascertain the requirements for legitimate employment within the selected EU member state. Cultural, Ethnic and Linguistic barriers are also subject to research to try and evaluate their potential impact on practical delivery sessions.

#### **Useful contacts**

Scottish Qualifications Authority (SQA) , Hanover House, 24 Douglas Street, Glasgow, G2 7NQ.

Fitness Scotland [office@fitness-scotland.com](mailto:office@fitness-scotland.com)