

HEALTH AND FITNESS GROUP

Advanced Gym Instructor/ Personal Trainer

1. Definition of the Health & Fitness professional area

The Health and Fitness area collectively concerns activities, behaviours, or policies maintaining or promoting health, physical fitness, or wellbeing, and consists of two related sub-areas, which may differ in terms of intervention, strategies and goals, as well as operative contexts:

- a) the area of *Health-Related Exercise* (or, *Health Training*), concerning the promotion, design, and execution of exercise as a means to maximise health, prevent and/or treat disease, and ameliorate or cope with disability, under the various health and age conditions, carried out in the context of health care centres or programs and under medical control as needed;
- b) the area of *Fitness* (*Personal or Group Training*), concerning the promotion, design, and execution of exercise meant to enhance individual fitness levels and wellness feelings, and to prevent disease in the healthy adult population, carried out in the context of sport or fitness centres and/or in private practice.

2. Standard Occupations

Advanced Gym Instructor/ Personal Trainer

The *Advanced Gym Instructor/ Personal Trainer* is a graduate in sports science or related disciplines who is able to design, deliver and evaluate utilising advanced exercise techniques, in appropriate contexts, with due regard to health and safety, exercise programmes related to the maintenance of health and physical efficiency for both apparently healthy and minimal or low risk adults, and individuals from special populations.

3. Activities

The Advanced Instructor/ Personal Trainer is able to:

- 3.1 Collect, analyse and interpret information about participants' health and fitness status, exercise experience, goals and preferences
- 3.2 Prescribe, supervise and monitor safe and effective exercise programmes for both apparently healthy, and minimal or low risk adults and individuals from special populations

3.3 Provide and maintain participants' motivation using a variety of strategies to promote behaviour change and exercise adherence

3.4 Control resources and ensure the health and safety of participants

3.5 Assume responsibility, within an ethical frame of reference, at all levels of practice

4. Competences

Typically graduates will be able to:

- 4.1 Demonstrate a systematic understanding of key aspects of the study of health and fitness and the acquisition of detailed knowledge including anatomy, physiology, biomechanics, psychology and nutrition and biochemistry. In addition graduates will be able to demonstrate an understanding of the social and political contexts of health, fitness and physical activity promotion.
- 4.2 Demonstrate an ability to practically deploy established techniques of analysis and enquiry in health and fitness including practical fitness instruction/ applied exercise teaching, health and fitness assessment/ exercise prescription, motivation and behaviour change, special populations and exercise referral.
- 4.3 Demonstrate conceptual understanding that enables the student to devise and sustain arguments, and/or to solve problems, using ideas and techniques relevant to health and fitness
- 4.4 Demonstrate qualities and transferable skills necessary for employment and progression to other academic or professional qualifications including initiative, personal responsibility decision making and the utilisation of opportunities for life long learning
- 4.5 Recognise and respond to moral, ethical and safety issues which directly pertain to health and fitness including relevant legislation and professional codes of conduct

5. Learning Outcomes

Typically graduates will be able to:

- 5.1 Plan, design and execute safe and effective exercise programmes and activities using appropriate technique and procedures, specifically tailored to a range of individuals or client groups.

- 5.2 Apply knowledge and critical understanding of well established principles, theories and concepts from appropriate fields of study to the health and fitness context
- 5.3 Demonstrate research and problem solving abilities by understanding methods of acquiring, interpreting and analysing information in the context of health and fitness.
- 5.4 Plan, design, execute and communicate a sustained piece of independent intellectual work using appropriate media
- 5.5 Demonstrate understanding of health and fitness through both academic and professional reflective practice

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