



PROGRAM SPINA



Recruitment regulations for the "New era of pregnancy and postpartum exercise (NEPPE)" training - training for instructors and trainers in the field of online provision of exercise for pregnant and postpartum women

(updated version 23.12.2022)

1. General information:

- 1.1. The training is aimed at people who conduct or plan to conduct exercises for women in uncomplicated pregnancy and in the puerperium;
- 1.2. Training dates: from 3 to 31 March, 2023 (the third edition);
- 1.3. Framework programme: the training covers 150 teaching hours (theoretical and practical);
- 1.4. The recruitment process and training will take place online (via MS Teams application);
- 1.5. Training will be conducted in English;
- 1.6. Participation is free;
- 1.7. By joining the training, the participants declare their participation in questionnaire surveys related to the subject and course of the training;
- 1.8. Participants who confirm that all learning outcomes have been achieved will receive a certificate "Exercise in pregnancy and postpartum". The training is conducted in accordance with the standards of the international organisation EuropeActive.

2. Date schedule:

- 2.1. Applications for training: January 31, 2023, 2023;
- 2.2. Online interview: between January 16 and February 15, 2023;
- 2.3. Publication of recruitment results: by February 20, 2023.

3. Selection criteria:

- 3.1. Being a student (Polish students are excluded); **In the case of vacancies, we also invite Polish students and all exercise professionals, who are not students, to apply for the training.**
- 3.2. Having professional competence in planning and conducting pro-health exercise classes (e.g.: group fitness instructor, fitness instructor, Pilates instructor/teacher, yoga instructor, personal trainer, exercise specialist, exercise physiologist; a graduate of studies related to physical activity and exercise):
 - a. confirmed by a document issued in accordance with national requirements, e.g. in the countries where these professions are regulated;





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or

b. confirmed by a document issued by reliable institutions of the health-promoting physical activity sector, such as entities accredited by EuropeActive, ACSM, ACE, UK Active, UKSport, AUSfitness (former FitnessAustralia);

or

c. confirmed by conducting a 30-minute pro-health exercise session documented on the video material. Details of the video materials are set out in point 5.2.1.b

3.3. English language skills allowing easy communication with teachers (at least at the B1 level of the European Language Education System is recommended).

4. Required documents:

4.1. Online Application Form with a statement that there are no health contraindications to participate in the training, including physical activities;

4.2. Certificate from the home university confirming the status of a student.

Optionally:

4.3. Document confirming formal qualification of an exercise professional (in accordance with the requirements specified in point 3.2.);

5. Recruitment process:

5.1. **Stage 1.** – applies to all applicants. Formal assessment of submitted documents.

5.2. **Stage 2.** - in the case of students who do not have acceptable exercise professionals qualifications, the evaluation of the video material from the 30-minute pro-health exercise session:

a. The exercise session is conducted with at least one adult participant;

b. The material is supplied in the video file, not exceeding the size of 800 MB;

c. The video file or a link to download it must be sent via info.neppe@awf.gda.pl;

d. The material is assessed in accordance with the criteria indicated **in the Assessment Form for Conducting Pro-health Exercise Session.**

5.3. **Stage 3.** – applies to all applicants. Online interview.

5.3.1. The interview will take place via the MS Teams application. The applicant will receive an individual link to the meeting sent to the e-mail address provided;

5.3.2. The date of the interview will be individually agreed with the applicant and is planned for the period between January 16 and February 15, 2023;

5.3.3. Before the interview the applicant is obligated to send the scan of the document confirming the status of a student and the scan of the document confirming professional competence in planning and conducting pro-health exercise classes or the video material (see point 3.2).

5.3.3. The interview is expected to last between 10 – 15 minutes;





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5.3.4. The following issues will be assessed during the interview:

- a. presentation of the applicant's motivation for joining the training;
- b. applicant's communication skills;
- c. experience in conducting pro-health classes;
- d. experience in conducting exercise classes for women in pregnancy and postpartum.

5.3.5. The interview will be assessed by an assessor from the NEPPE experts team. For each of the issues listed in 3.4.a-d, the assessor assigns points on a 0-3 scale. The sum of the points obtained will determine the applicants' ranking.

6. People with disabilities:

- 6.1. People with physical disabilities may join the training;
- 6.2. Candidates with physical disabilities are asked to report in advance their individual needs for the necessary support enabling recruitment.

7. Recruitment results and starting the NEPPE training:

- 7.1. Recruitment results will be announced to applicants no later than 7 days from the date of the interview with the last applicant in a given edition.
- 7.2. Within three days of the announcement of the results, the applicant is obliged to send scans of documents required by the financing institution (Polish National Agency of Academic Exchange - NAWA):
 - a. Declaration of participation in the project
 - b. Participant personal data form
 - c. GDPR-PO-WER
 - d. GDPR – NAWA
 - e. Additional consent of the project participant to data processing
- 7.3. After receiving the complete set of documents, the training organizer will send the applicant the login and password to the MS Office account administered by GUPES, which will be used for the training.

