



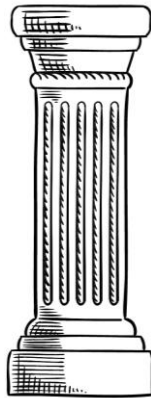
EuropeActive Educational Standards and European Register of Exercise professionals

New Era of Pregnancy and Post Partum Exercise
Julian Berriman, Director Professional Standards Committee

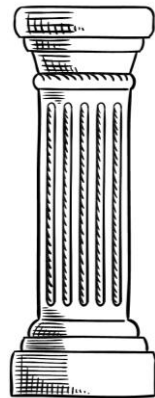
A pillar of EuropeActive's Manifesto

Educational Services – *'upskilling and quality assuring the European fitness and physical activity sector through industry-wide **Standards**'*

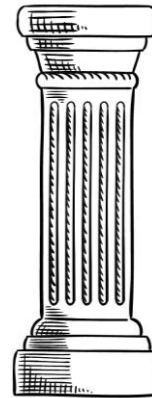
The four pillars or 'guiding stars' of **EuropeActive's Horizon 2025 Manifesto** are **Health, Digital, Community and Standards**.



Health



Digital



Community



Standards

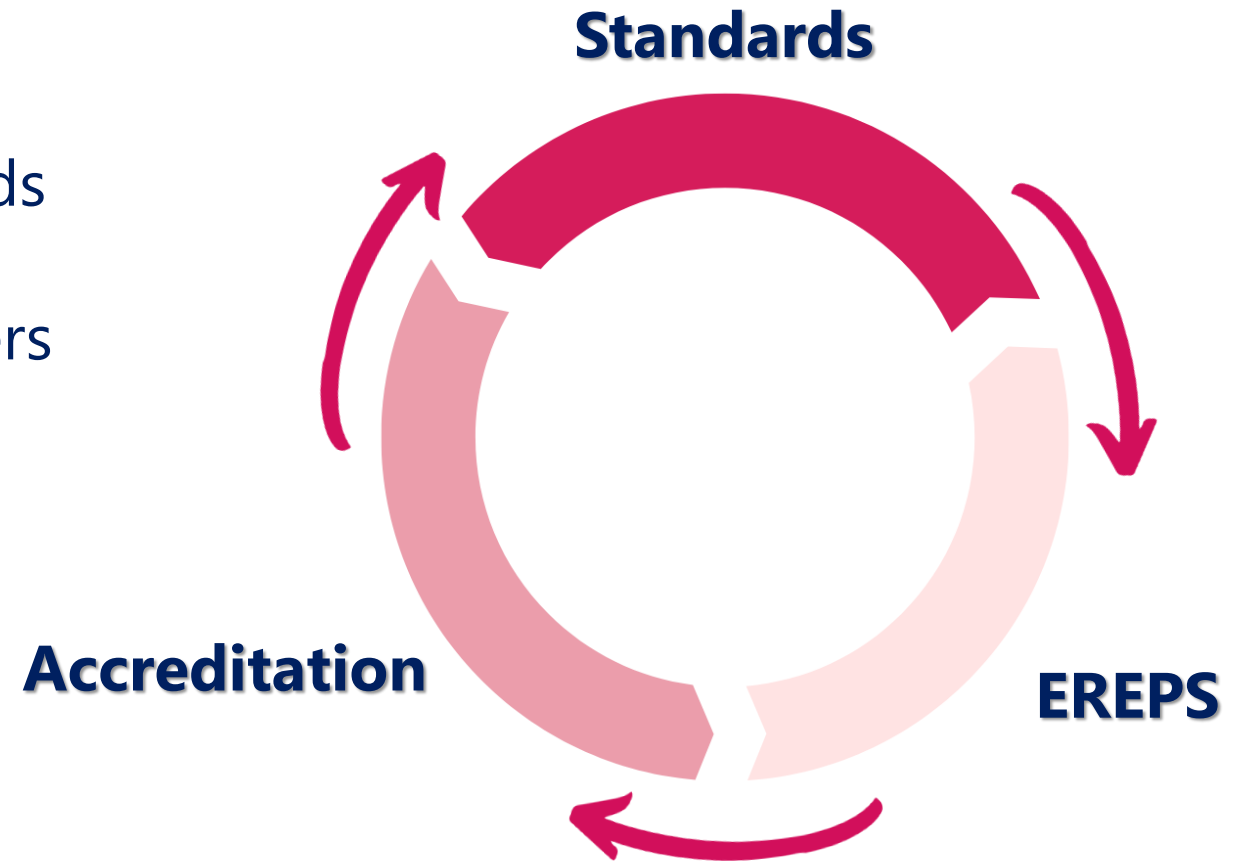
A world leader in Standards

- **EuropeActive** is an industry leader worldwide **in setting Standards for our Sector**
- Professionally **upskilling our workforce**, to ensure employees' professional identity and the quality of services
- Ensuring **sufficient Standards** for our businesses' physical and virtual spaces
- Building the **trust and confidence** general society and consumers place in us



Upskilling and professionalisation primary tools

- Professional educational Standards
- Accreditation for training providers
- European Register of Exercise Professionals

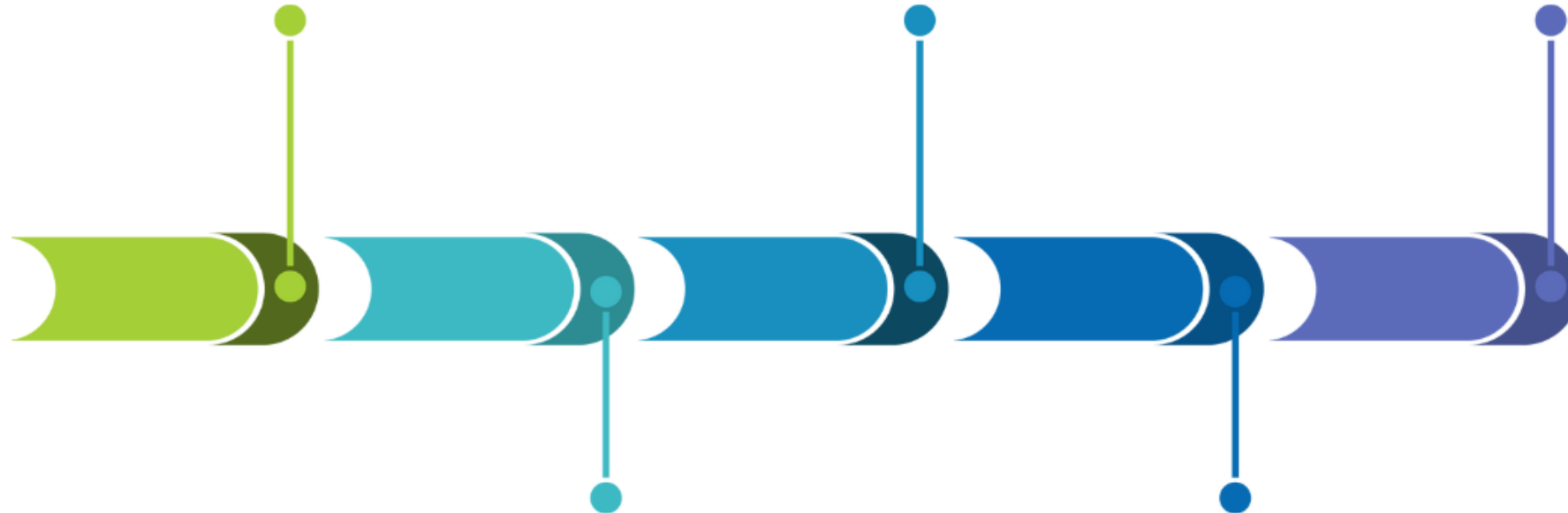


A history of Standards development

Leonardo da Vinci Project Eurofit-QST (2004-2005) - facilitated the setting up of a sectoral Standards-setting body in Europe

European Fitness Accreditation Project (2008-2010) – research into current trends and existing qualifications

Blueprint for Skills Cooperation and Employment in Active Leisure (2018-2020) - developed a sector skills strategy for the European Active Leisure



ECVET-Fitness Project (2006-2008) - towards the creation of a new ECVET (European Credit System for Vocational Education and Training) framework

Sectoral qualifications: the SIQAF Project (2016-18) – reviewed referencing of international and sectoral qualifications to NQFs and the EQF

Educational Standards

- Since 2002 Professional Standards Committee (PSC) of EuropeActive has been developing what we now call the **Sector Qualifications Framework (SQF)**

PSC: an independent standards-setting body – vision:

'... to be the leading body in developing the occupations leading to the registration of professionals of the European fitness and physical activity Sector.'

SQF: a unitary framework with no legal status but fully referenced to the European Qualifications Framework

- Identifies the main occupations in fitness and areas of on-going lifelong learning

Standards-setting

- EuropeActive has over 200 experts working through **Technical Expert Groups (TEGS)** appointed by the Professional Standards Committee
- TEGs develop Standards that define the essential **knowledge, skills, responsibility and autonomy** written as **learning outcomes** required for different occupations in the fitness and physical activity Sector
- Standards identify required **learning hours** referenced to ECVET and ECTS points

Sector Qualifications Framework

EQF/SQF Level (Bologna Process)	Occupational role	Lifelong learning
7&8	Clinical Exercise Professional??	
6	Graduate Exercise Professional	
5 (Short cycle)	Exercise for Health Specialist	Weight Management Exercise Specialist Pre-diabetes Exercise Specialist Health/Wellness/Lifestyle Coaching
4	Personal Trainer Pilates Teacher	Exercise in Pregnancy and Postpartum Active Ageing Trainer Youth Fitness Instructor Strength and Conditioning
3	Fitness Instructor Group Fitness Instructor	Online Provision of Fitness Services
2	Healthy Lifestyle Promoter Fitness Assistant	

Pregnancy and Postpartum Standard



Pregnancy and Postpartum Standard

- Theoretical basis of planning and conducting exercise programmes for postpartum clients
- Health issues and safety considerations related to postpartum period
- Health screening and fitness assessment in postpartum clients
- Prescription, implementation, and adaptation of exercise for postpartum clients
- Promotion of physical activity and healthy lifestyle during postpartum period

International Standards Meeting (ISM)

- A yearly event of EuropeActive, held in a European capital
- Organised for training providers, employers and other stakeholders in the field of fitness and physical activity education
- The moment of the year for training providers and others to interact among themselves, with organisations that have the same goal
- **14th ISM Madrid, November 2022**



Exercise for Health Summit

SAVE THE DATE!

Exercise for Health Summit

Madrid, Spain

21- 23 November 2023

Hotel Meliá Castilla



EXERCISE
for **HEALTH**
SUMMIT
A EuropeActive Event

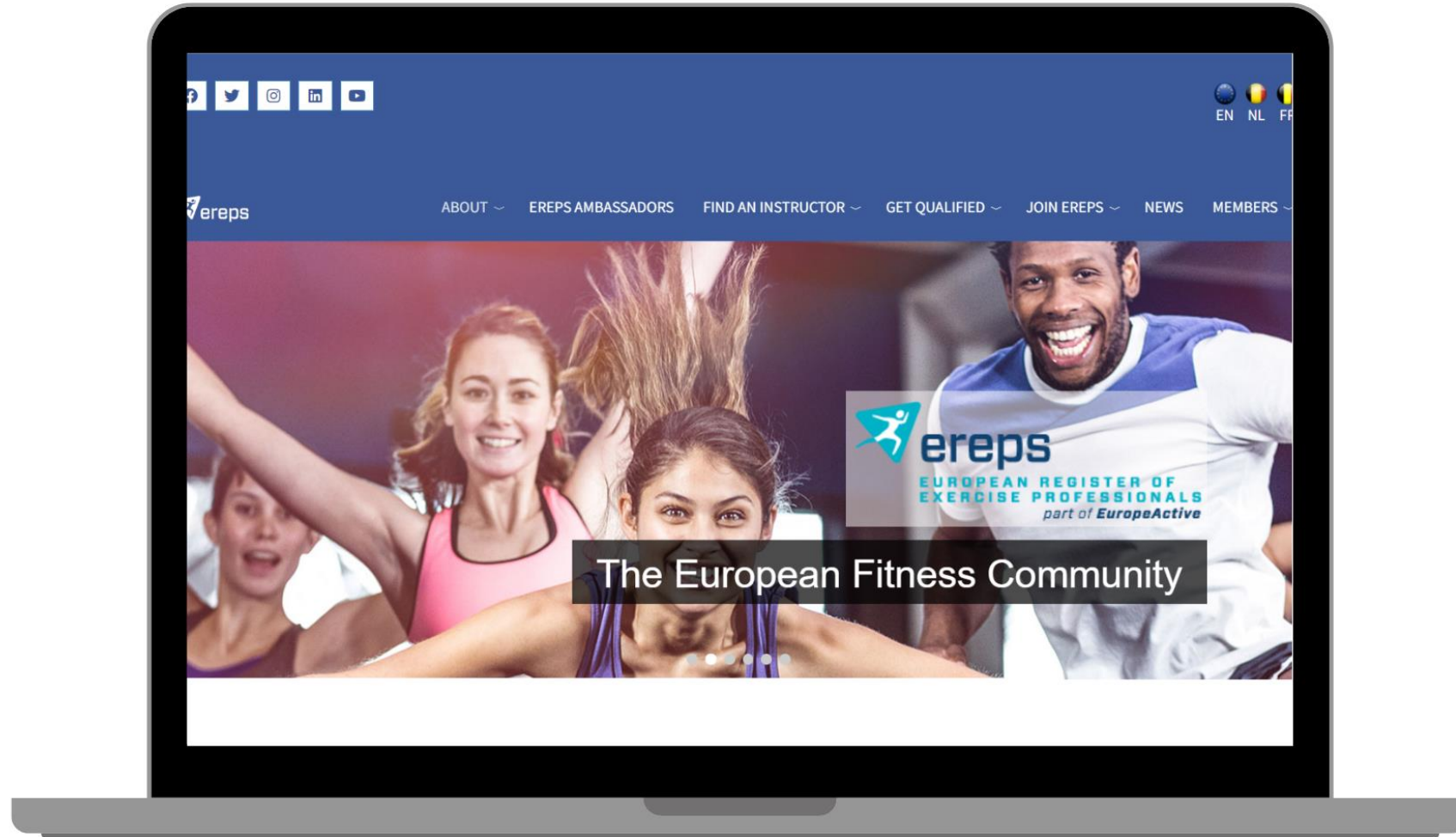
EuropeActive Accredited Providers



**150 EuropeActive
Accredited Providers
across 44 countries**

Benefits of Accreditation

- ✓ Approval to deliver EuropeActive qualification standards
- ✓ Risk reduction and due diligence
- ✓ Kitemarked for quality
- ✓ Greater revenue generating potential
- ✓ A gateway to EREPS
- ✓ Part of an accredited provider community
- ✓ Advice and development - EuropeActive is an invaluable source of impartial advice
- ✓ Attendance at Educational Services events e.g. International Standards Meeting and the Training Provider Forum.



Recognition through registration

- An independent process for the registration of all instructors, trainers and teachers working across Europe in the fitness and physical activity Sector
- Recognises that exercise professionals are qualified to do their job giving consumers, employers and partners in medical professions the necessary level of confidence in their professionalism and a structure for mobility of workers
- Members listed on EREPS Member Directory



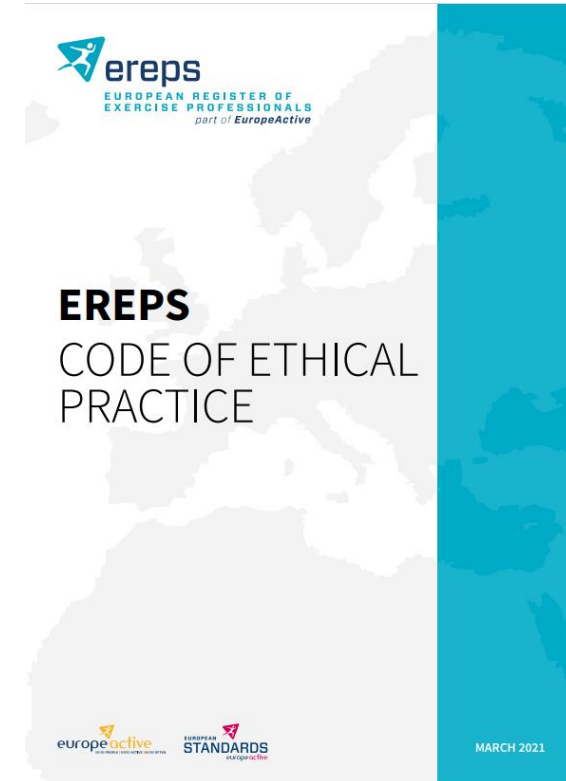
Code of Ethical Practice

RIGHTS - 'Exercise professionals will be respectful of their customers and of their rights as individuals'

RELATIONSHIPS - 'Exercise professionals will nurture healthy relationships with their customers and other health professionals'

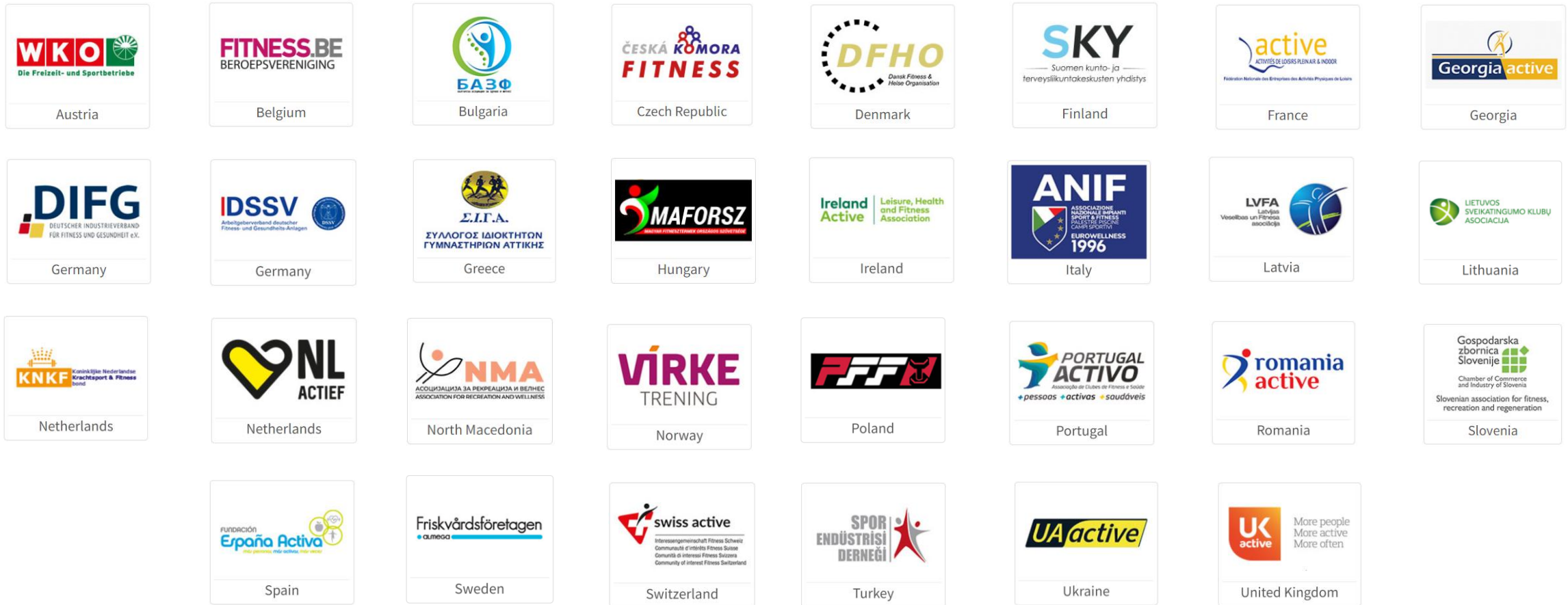
PERSONAL RESPONSIBILITIES - Exercise professionals will demonstrate and promote a clean and responsible lifestyle and conduct'

PROFESSIONAL STANDARDS - 'Exercise professionals will seek to adopt the highest level of professional standards in their work and the development of their career'



A pan-European system

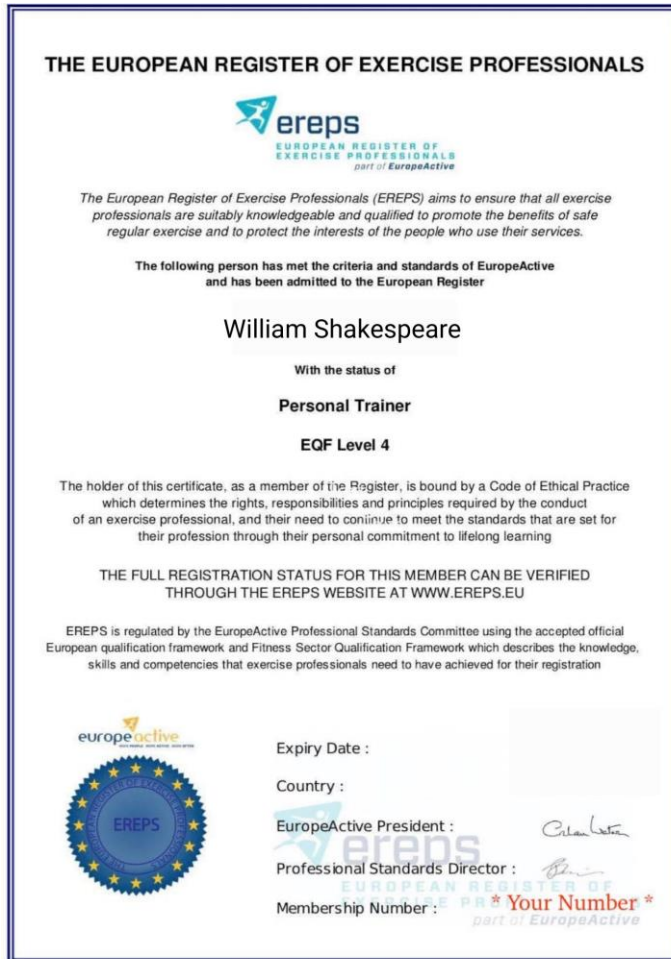
A pan-European system, supported by national associations, culminating in a central European database



Recognises individual fitness trainer achievement

11,000+ fitness professionals - members from 40 of 47 members of Council of Europe countries

Certificates of registration include a statement of the occupational role and the **European Qualification Framework** level



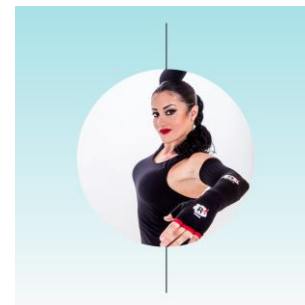
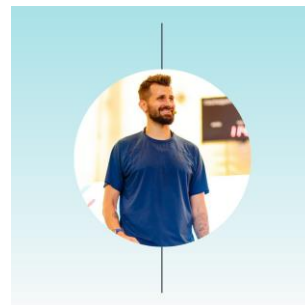
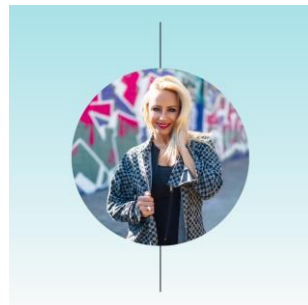
EREPS Master Trainer

- Considerable **practice-based experience** evidenced over an **extended period** (3000 hours of professional practice over a minimum of 3 years)
- **Reference letters** required from clients and employers
- Recognition of **on-going commitment** to continuing professional development (3 years continued professional development activities demonstrating a clear strategy of career development)
- An opportunity to join an **elite category of membership** and evidence professional advancement to clients and employers



EREPS Ambassadors

- Individually selected by EREPS in **recognition of their achievements** in inspiring and educating within the fitness and physical activity Sector
- **Leading fitness professionals in their individual fields** and share the values of EREPS in terms of lifelong learning and active lifestyles
- Appear globally at different fitness conventions, events, training courses and conferences sharing their expertise



A lifelong learning journey

EREPS Lifelong Learning Programme (LLP) designed to support members wishing to progress and thrive in their professional practice

LLP includes formal **training courses, workshops, online learning, industry events or conferences or reading relevant books, journals and articles.**

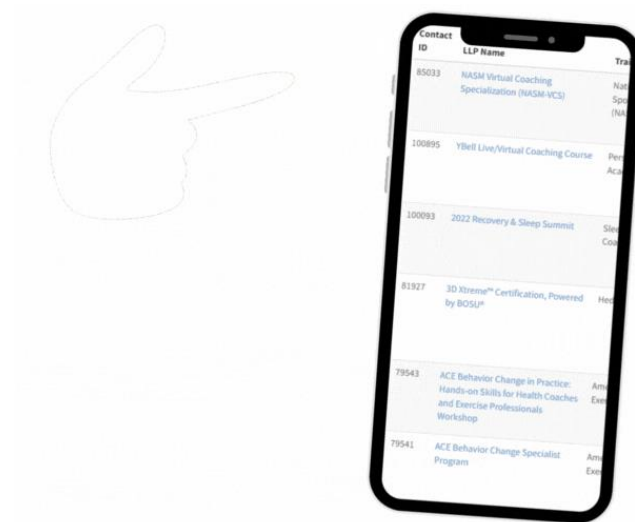
A commitment to lifelong learning has a number of purposes:

- keeping up-to-date to ensure safe practice
- improving and broadening knowledge and skills
- developing personal qualities necessary to execute professional and technical duties

Lifelong learning for training providers

Providers of training, events or other learning materials can offer training and other learning experiences that will be formally recognised under the EREPS Approved Lifelong Learning Programme (EREPS LLP)

Approved Lifelong Learning is available in the **Lifelong Learning Directory**



Membership benefits

- **Industry recognition** – EREPS recognises that fitness professionals are qualified to do their job
- **The stamp of approval** - members can use the EREPS logo on their own marketing materials
- **Employment mobility** - EREPS members are well recognised worldwide and can use their EREPS Certificate to access international employment opportunities
- **Visibility** - members listed on public directory, allowing potential clients and employers to find and contact them

Media Pack



EREPS Members have access to media kits with social media and web visuals in a number of different languages

Membership benefits

- **Industry connection** - EREPS events and social media provide a connection to the industry you love and to like-minded fitness professionals
- **Discounts** –various EREPS members offer their product(s) and/or services to members at a discounted price or offer special deals/packages
- **Access to quality training** – Course Directory provides a comprehensive listing of EuropeActive recognised training courses and the Lifelong Learning Directory helps members stay on-track and up-to-date throughout their fitness career.

Future events - EREPS 20 Class of 2023 Athens

- **2-day showcase event** to reach out to the EREPS membership and highlight the very best in fitness and physical activity Sector education
- Sessions both **practical and theory-based** (research insights)
- **Exclusive event** - numbers limited to a maximum of 20 EREPS members
- Attendance through application and **selection** by a panel of EREPS Ambassadors

A virtuous circle

