



e-Learning Fitness

An innovative tool for the fitness sector in Europe

It is now possible to take the first step towards **becoming a fitness professional by just going online**, thanks to the "eLF - eLearning Fitness Project n. 511669-2010-LLP-IT-KA3-KA3MP" coordinated by the Sapienza University of Rome and FIAF, the Italian Federation of Aerobics and Fitness with the support of 17 other core partners.

The project aims to **train professionals that will meet the European training standards in the fields of group exercise**, to include cardiorespiratory, muscle conditioning and aquafitness as well as individual fitness instruction with weights, resistance machines and cardiofitness equipment at EQF level 3 and Personal Training at EQF level 4.

For this reason the project, which involves over **25 European countries**, offers the opportunity to participate in a series of **FREE DISTANCE LEARNING COURSES**, to become:

- A Group Exercise instructor (Aerobics and Muscle Conditioning), EQF level 3
- An AquaFitness instructor, EQF level 3
- A Fitness instructor (weight room and cardio machines) EQF level 3
- A Personal trainer, EQF level 4, after having successfully participated in the fitness instructor course.

For the duration of the online courses, a tutor will support the participants. Both theoretical and practical intermediate tests will be held prior to the final exam.

In addition, **all participants who successfully complete the course will be admitted to the ELF NATIONAL REGISTER** valid in all the project partner countries. The register will certify the qualification both to potential clients and companies that want to hire instructors and will allow the instructor to have access to job offers from other European countries that recognize the registers.

For more information, please visit our website: www.elearningfitness.eu

ONLINE TRAINING COURSES for Fitness Professionals

Available modules for Group Fitness, AquaFitness, Fitness and Personal Training Instructors



Project duration:
01/01/2011 – 31/03/2014

Main Goals:

- Adoption & improvement of an e-Learning platform based on the EQF-Fitness minimum standards;
- Creation of a pilot national register platform for fitness professionals in 10 of the partner countries

