



ONLINE TRAINING FOR Fitness Professionals specializing as Group Fitness Instructors, AquaFitness Instructors, Fitness Instructor and Personal Trainers co-financed by the European Commission

Introduction

The project, co-financed by the European Union, in particular by EACEA as part of the LLP-Lifelong Learning research program, aims to train qualified professionals to meet European standards in vocational education and training for EQF level 3 Group Fitness: Aerobics, Muscle Conditioning and AquaFitness Instructors, level 3 Fitness Instructors and EQF level 4 Personal Trainers.

eLF courses are available in the 14 partner countries and in many of the associated partner countries. For this reason, the organization of the courses in each country is assigned to one of the eLF partners. The eLF Partners that are "course organizers", are available at www.elearningfitness.eu.

Art. 1 – ADMISSION PROCEDURE

The applicant may request to be admitted to one or more of the courses mentioned in Art. 4 submitting a single application, by using the online application form available at www.elearningfitness.eu.

You will be asked to specify:

- the country where the training activity takes place;
- personal data;
- academic qualification;
- e-mail address;
- Skype address;
- the name of the course for which you are applying;
- curriculum vitae (preferably in EU format) with photograph;

ELF project has been funded with support from the European Commission.

This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

- scanned copy of your ID;
- the basic requirements mentioned in Art. 2; and
- consent to the processing of personal data, for purposes necessary for the management of the teaching activities.

Art. 2 – ADMISSION REQUIREMENTS

Applicants must be self-starters with strong motivation, determination and focus. During the admission process, all applicants will be required to meet the following requirements:

- have at least a high school diploma;
- be of legal age;
- have at least 2 years experience in regular fitness activities;
- certification that the applicant is of sufficiently good health to perform the activities necessary to instruct fitness.

The following qualifications are preferred:

- knowledge of English language,
- practical experience working with the computer (Internet, social networks, e-mail, etc).

It should be noted that all applicants admitted to the course (or courses) participate at their own risk.. The eLF project and the course organizers cannot, therefore, be held liable for any incident or accident that may occur to the participant during the course of performing course activities. All participants, when deemed necessary, can personally and at participant's expense, arrange for insurance to cover potential risks associated with their participation in the course.

Art. 3 – ADMISSION TO COURSES

The admitted candidates will have to provide the organizers, under penalty of forfeiture of registration, with the following documents:

- application form to eLF courses, which will be available online, duly completed and signed,;
- original copy of the medical certificate of good health. .

The application submission process will follow the rules set forth by the course organizers.

Art. 4 – eLF COURSES STRUCTURE

ELF project has been funded with support from the European Commission.

This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

The learning path is specified below and will initiate with a prerequisite basic course in Core Knowledge.

- A) EQF Level 3, "Group Fitness Instructor" course
- B) EQF Level 3, "AquaFitness Instructor" course
- C) EQF Level 3, "Fitness Instructor" course
- D) EQF Level 4, "Personal Trainer" course

The EQF Level 3 courses include a final exam to achieve the position of GROUP TRAINING INSTRUCTOR, AQUAFITNESS INSTRUCTOR OR FITNESS INSTRUCTOR;

The EQF Level 4 course for PERSONAL TRAINER can be accessed after the successful completion of the EQF Level 3 Fitness instructor course.

All the courses are "distance learning" through the use of the Internet and various online applications (such as Skype).

During the study period, all participants will receive educational support from a tutor and must take part in intermediate exams that will also be administered to participants via the Internet.

Attendance at the final exams is required at the scheduled time and place announced in advance by the course organizers. With regard to the final exams, all travel and accommodation expenses will be borne by the participants.

Course descriptions are available online at www.elearningfitness.eu

Art. 5 – TREATMENT OF CONFIDENTIAL INFORMATION

In compliance with the Code on personal data protection (Legislative Decree 30 no. 196 of 30 June 2003) the processing of personal data of all applicants will be made by the eLF Partner exclusively for the purposes necessary for the selection process and is based on principles of correctness, legality and relevance to these same purposes. The concerned parties can exercise their rights as mentioned in Art. 7 of Legislative Decree no. 196/2003 at any time.

ELF project has been funded with support from the European Commission.

This communication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.