

**1. TITLE OF THE CERTIFICATE (HU)**

51-813-02 Csopartos fitness instruktör

**2. TRANSLATED TITLE OF THE CERTIFICATE (EN)**

Group fitness instructor

(THIS TRANSLATION HAS NO LEGAL STATUS)

**3. PROFILE OF SKILLS AND COMPETENCES****A typical holder of the certificate is able to:**

- choose the appropriate music for different types of classes;
- compile a series of exercises suited to the knowledge level of the group;
- adequately adjust the intensity of the effort;
- demonstrate exercises in a technically correct and aesthetic manner;
- motivate class participants;
- recognise and correct mistakes;
- prevent injuries;
- give first-aid if necessary;
- create a pleasant class atmosphere;
- recognise and deal with class members requiring individual attention;
- give classes of varying ambiance, dynamic and degree of training difficulty.

**4. RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE**

3722 Manager of fitness and recreational programmes

**(\*) Explanatory notes:**

This document is designed to provide additional information about the specified certificate and does not serve as a legal certificate of vocational qualification. The format of the description is based on the following documents:

Council Resolution 93/C 49/01 of 3 December 1992 on the transparency of qualifications; Council Resolution 96/C 224/04 of 15 July 1996 on the transparency of vocational training certificates, and Recommendation 2001/613/EC of the European Parliament and of the Council of 10 July 2001 on mobility within the Community for students, persons undergoing training, volunteers, teachers and trainers.

More information on transparency is available at: <http://europass.cedefop.europa.eu/>

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## 5. OFFICIAL BASIS OF THE CERTIFICATE

|   |   |                  |  |   |       |                       |                       |   |       |   |  |   |  |
|---|---|------------------|--|---|-------|-----------------------|-----------------------|---|-------|---|--|---|--|
| <p><b>Name and status of the institute issuing the certificate</b></p>  | <p><b>Name and status of the national/regional authority providing accreditation/recognition of the certificate</b></p> <p>Ministry of Human Capacities</p>   |                  |  |   |       |                       |                       |   |       |   |  |   |  |
| <p><b>Level of the certificate (national or international)</b></p> <p><b>Level of vocational qualification according to the National Qualification Register:</b><br/>51 upper secondary partial vocational qualifications, which require the completion of the secondary school leaving exam and may be obtained in non-formal education.</p> <p><b>ISCED2011 code:</b><br/>4</p> <p><b>NQF level:</b></p> <p><b>EQF level:</b></p> | <p><b>Grading scale / Pass requirements</b></p> <p>Five -grade: 5 excellent<br/>4 good<br/>3 satisfactory<br/>2 pass<br/>1 fail</p>   |                  |  |   |       |                       |                       |   |       |   |  |   |  |
| <p><b>Certificate number: PT K</b></p> <p>Serial number: 123456</p> <p><b>Certificate issue date: 2023.10.02</b></p>  | <p><b>Results achieved at the examination and their proportion expressed in percentage in the complex mark</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Oral examination</td> <td style="width: 40%;">Health, training theory and gymnastics</td> <td style="width: 10%; text-align: center;">5</td> <td style="width: 30%; text-align: center;">40.00</td> </tr> <tr> <td>Practical examination</td> <td>Group fitness classes</td> <td style="text-align: center;">5</td> <td style="text-align: center;">60.00</td> </tr> <tr> <td colspan="2">Result achieved at the complex vocational examination, expressed in grades.</td> <td style="text-align: center;">5</td> <td></td> </tr> </table> | Oral examination | Health, training theory and gymnastics | 5 | 40.00 | Practical examination | Group fitness classes | 5 | 60.00 | Result achieved at the complex vocational examination, expressed in grades. |  | 5 |  |
| Oral examination  | Health, training theory and gymnastics  | 5                | 40.00                                  |   |       |                       |                       |   |       |   |  |   |  |
| Practical examination   | Group fitness classes   | 5                | 60.00                                  |   |       |                       |                       |   |       |   |  |   |  |
| Result achieved at the complex vocational examination, expressed in grades.   |   | 5                |  |   |       |                       |                       |   |       |   |  |   |  |
| <p><b>Access to next level of education/training</b></p> <p>To higher education</p>   | <p><b>International agreements</b></p>  |                  |  |   |       |                       |                       |   |       |   |  |   |  |
| <p><b>Other information concerning the vocational training process</b></p>  |   |                  |  |   |       |                       |                       |   |       |   |  |   |  |
| <p><b>Legal basis</b></p> <p>Act CLXXXVII of 2011 on Vocational Training<br/>Decree no. 37/2013 (28 May) of the Ministry of Human Capacities on the professional and examination criteria of vocational qualifications falling within the competence of the Minister of Human Capacities.</p>   |   |                  |  |   |       |                       |                       |   |       |   |  |   |  |

## 6. OFFICIALLY RECOGNISED WAYS OF ACQUIRING THE CERTIFICATE

| Description of vocational education and training received           | Percentage of total programme % | Duration (hours/weeks/months/years) |
|---|---------------------------------|-------------------------------------|
| School-/training centre-based                                       | Theory: 40 % Practice: 60 %     |                                     |
| Workplace-based   |                                 |                                     |
| Accredited prior learning   |                                 |                                     |
| Total duration of the education/training leading to the certificate |                                 | 600 hours                           |

**Entry requirements:**

- Secondary school leaving examination

**Vocational requirement modules:**

10323-12 Healthcare and first aid

10324-12 Training theory and gymnastics

10335-12 Group fitness classes

This certificate supplement was prepared on the basis of the instruction for filling in the Certificate Supplement published on the homepages of the National Reference Point and the National Europass Centre.

**National Reference Point – NSZFH – <http://nrk.nive.hu>**

Head of Examination Organiser:

Issue date: 2023.10.02

**SEAL**